



Fort Sam Houston

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Blood pivotal to wartime readiness

By Chris Walz
Pentagram staff writer

Soldiers participating in the war against terrorism have shed many bullets to oust al Qaeda network terrorists from Afghanistan. Undoubtedly, casualties and gun shot wounds have forced some soldiers to shed blood.



EVERY DROP COUNTS

"The blood used to help the injured soldiers in the war against terrorism is exclusively from the Department of Defense blood donation program," said Col. Michael Fitzpatrick, the director of the Armed Services Blood Program. "We maintain readiness in Afghanistan solely on the donations made by military and DoD personnel in the Capital area region."

The Red Cross is providing humanitarian assistance in Afghanistan, but is not providing to the blood supply in the area, according to blood program officials.

"President Bush said we are in this war for the long haul," said Fitzpatrick. "Blood needs to be continuous throughout the long haul. We must be ready for another Operation Anaconda or in case we are attacked again."

The blood donation program sends some 355 units of blood per week to the Middle East for Operation Enduring Freedom, but Armed Services Blood Program declined to give detailed shipments figures because of security issues.

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Photo by Edward Rivera

After donating blood at the Akeroyd Blood Donation Center on post Pfc. Erin Hill, B Company, 187th Medical Battalion, is unhooked by lab technician Spc. Ryan Villaroman. Hill was one of 18 187th soldiers donating blood April 30.

Briefs

Budge Dental Clinic closed this morning

Budge Dental Clinic will be closed due to required maintenance this morning. Sick call and emergency patients report to Rhoades Dental Clinic, Bldg. 2375 Stanley Road for treatment. For information, call 295-4678.

Retirement Ceremony, May 10

Maj. Gen. Patrick D. Sculley, chief of staff U.S. Army Medical Command and Deputy Surgeon General will retire during a ceremony at MacArthur Parade Field, 7:45 a.m., May 10.

Flag Pole Maintenance

Due to routine maintenance of the flagpole, the main post flag will not be flown between 6:05 a.m. and 1 p.m. on May 22. Reveille and Retreat will still be sounded and the flag will be raised and lowered accordingly.

End of Month Retirement, May 30

A consolidated end of month retirement ceremony will be held May 30 at 7:45 a.m. at MacArthur Field, corner of Harry Wurzbach and Stanley roads. The public is invited.

Law Enforcement Change of Command, May 17

A Law Enforcement Change of Command Ceremony will be held May 17 at 8 a.m. in the parking lot of adjacent to the parking lot at the MP station, Bldg. 2244. Outgoing commander is Lt. Col. Jessie Goggins, incoming commander is Lt. Col. Floyd Williams. The public is invited.

Retiree Council praises health care reform, urges further improvement

The Army Chief of Staff's Retiree Council met April 15 through 19 at the Pentagon. This year marked the Council's 30th anniversary and 42nd meeting. The first meeting of the CSA Officer and Enlisted Retiree Councils was held at Fort McNair, June 5-9, 1972. In 1985, meetings changed from bi-annual to annual with a mid-year meeting with CSA and Co-chairmen.

The CSA Retiree Council began its annual report to the Chief by extending its profound gratitude to Congress and DoD and Army leadership for TRICARE for Life and TRICARE Senior Pharmacy programs. The Council expressed concerns that program refinements continue to be

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AMEDD information just a hyperlink away



Tefft

By Edward Rivera
Fort Sam Houston Public Affairs

Within the Army Medical Department, there are many sources of information. Each member of the department is a vessel filled with knowledge and experience that, if harnessed, could be of enormous benefit to others.

In 1997, the Center for Healthcare Education and Studies, on behalf of the U.S. Army Medical Department Center and School, initiated a plan to

support information sharing among its knowledge workers. That process is known as Knowledge Management.

"Knowledge Management is like a big wave, and I believe we're on the crest of that wave," said Col. Robin J. Tefft, chief, Leadership and Instructional Innovations Branch, Center for Healthcare Education and Studies.

The AMEDD Knowledge Exchange is a website that has surfed the information ocean and created

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Rumsfeld: Transformation means risking change

By Ann M. Zetterstrom
Army News Service

Secretary of Defense Donald Rumsfeld said last week that he sees transformation as more than an objective - he sees it as a state of mind. "Transformation is an attitude," he said in an April 19 press conference during his visit to Fort Lewis. "It is a willingness to not be risk-adverse and to try new things."

The Army's transformation efforts began at Fort Lewis in late 1999, when it was announced that six brigades would transition

to a medium force. In Army Chief of Staff Gen. Eric K. Shinseki's vision, he said these brigades would fill a "capability gap" that exists today between its light and heavy forces.

Rumsfeld said he went to Fort Lewis to see the fruits of Shinseki's vision. The Initial Brigade Combat Teams bring together the best of light and heavy forces and are built using off-the-shelf weapons systems and current cutting-edge technology designed to make the units more mobile and more "info



Rumsfeld

"I'm here because the work being done here is important and I wanted to see it first hand. "We are already doing the great things that will lead to transformational effects."

Donald Rumsfeld,
Secretary of Defense

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May 10 is Military Spouse Day

In 1984, President Ronald Reagan proclaimed May 23, 1984 the first Military Spouse Day, and the following year the secretary of defense standardized Military Spouse Day as the Friday preceding Mother's Day.

In keeping with that important tradition, this year we will recognize and honor our military spouses on May 10th.

Since the earliest days of this nation's history, spouses of those who serve have made their own unique sacrifices and their contributions to the ideals of patriotism, service, family and freedom are immeasurable and enduring.

This special occasion allows us to recognize the commitment of the Army's spouses and celebrate their critical role in the vitality of our nation and the well-being of our people - soldiers, civilians, retirees, veterans, and their families.

Army spouses bring qualities of strength, of resilience, and of

leadership to the home, to businesses, and to their communities around the world. And when our families must endure times of separation, they act as both mother and father, and they compassionately mentor and care for others in need.

Now, as our soldiers fight the war on terrorism, our spouses provide support, encouragement, and a sense of stability with the same courage and profound dedication that has become their legacy, reminding us that sometimes courage resides outside our ranks as well as within.

So every day, and especially on May 10th - Military Spouse Day 2002 - do not forget the devotion and pride that the Army spouse represents and take time to demonstrate your gratitude.

Everywhere there is an Army family - whether active, guard, or reserve - there is a community made stronger by the example and contributions of the Army spouse.

Mother's Day is May 12

In the United States, Mother's Day started nearly 150 years ago, when Anna Jarvis, an Appalachian homemaker, organized a day to raise awareness of poor health conditions in her community, a cause she believed would be best advocated by mothers. She called it "Mother's Work Day."

Fifteen years later, Julia Ward Howe, a Boston poet, pacifist, suffragist, and author of the lyrics to the "Battle Hymn of the Republic," organized a day encouraging mothers to rally for peace, since she believed they bore the loss of human life more harshly than anyone else.

In 1905 when Anna Jarvis died, her daughter, also named Anna, began a campaign to memorialize the life work of her mother. Legend has it that young Anna remembered a Sunday school lesson that her mother gave in which she said, "I hope and pray that someone, sometime, will found a memorial mother's day. There are many days for men, but none for mothers."

Anna began to lobby prominent businessmen like John Wannamaker, and politicians including Presidents Taft and Roosevelt to support her campaign to create a special day to honor mothers. At one of the first services organized to celebrate Anna's mother in 1908, at her church in West Virginia, Anna handed out her mother's favorite flower, the white carnation. Five years later, the

House of Representatives adopted a resolution calling for officials of the federal government to wear white carnations on Mother's Day. In 1914 Anna's hard work paid off when Woodrow Wilson signed a bill recognizing Mother's Day as a national holiday.

At first, people observed Mother's Day by attending church, writing letters to their mothers, and eventually, by sending cards, presents, and flowers. With the increasing gift-giving activity associated with Mother's Day, Anna Jarvis became enraged. She believed that the day's sentiment was being sacrificed at the expense of greed and profit.

In 1923 she filed a lawsuit to stop a Mother's Day festival, and was even arrested for disturbing the peace at a convention selling carnations for a war mother's group. Before her death in 1948, Jarvis is said to have confessed that she regretted ever starting the mother's day tradition.

Despite Jarvis's misgivings, Mother's Day has flourished in the United States. In fact, the second Sunday of May has become the most popular day of the year to dine out, and telephone lines record their highest traffic, as sons and daughters everywhere take advantage of this day to honor and to express appreciation of their mothers.

Source: www.biography.com/features/mother/history.html

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Army Medical Department knowledge management

Col. Robin J. Tefft
Special to the News Leader

The goal of the Army Medical Department's knowledge management effort is to allow sharing and reuse of AMEDD knowledge to improve health care. Realization of this goal is dependent on an enterprise approach to knowledge management (KM) by formulating a clear vision and governance structure and determining priorities.

It is imperative to develop an information technology (IT) infrastructure, virtual repositories of AMEDD knowledge with robust search capability and a culture that embraces knowledge sharing.

The Army Medical Department has applied knowledge management principles since 1997 when the Center for Healthcare Education and Studies (CHES) at the Army Medical Department Center and School launched the first-generation Web-based KM initiative, the Knowledge Management Network (KMN).

The KMN was a comprehensive project that incorporated the fundamental features of KM: a collaboration tool, a library, a process for certifying knowledge and a database of subject matter experts (SMEs). In 2000, the CHES evolved into the next-generation KM initiative, the AMEDD Knowledge Exchange (KE), which harvested the best of the KMN and focused on AMEDD strategic initiatives. With this redesign came the understanding that KM is not an information management or information technology tool, but a strategic imperative in its own right.

AMEDD KM Vision

Knowledge management was initially driven by technology, but it became apparent that organizational culture and processes were the true focus. Consequently, the CHES proposes the following vision for



Photo by Edward Rivera
AMEDD strategic initiatives.

AMEDD knowledge management: "The AMEDD of the future leverages knowledge as a strategic resource through integrated knowledge management systems and a culture that embraces knowledge sharing." This vision addresses the nexus of people, process, and technology, the triad of enabling factors that drive an organization. Using KM to integrate and improve health care delivery processes will yield greater efficiency and quality, but only if the organizational culture is ready to contribute collaboratively. Change management must be integrated into the transition to a collaborative environment.

AMEDD KM Renaissance

The next generation of KM recognizes the importance of focusing on the business of health care and the people who deliver and support it. The CHES Knowledge Services staff supports the AMEDD's strategic priorities using a three-tiered approach.

The fundamental tier is a self-service Web site (<https://ke.army.mil>) that provides AMEDD content. The second tier is the development and support of Communities Of Practice (COPs). The third tier is customized Web-based programming to support

AMEDD KE IT Infrastructure

The first-generation KM project was outsourced in its entirety and consisted of commercial products integrated into the Web site. Although this provided a high level of customization, it came at a price, both from the flexibility and fiscal viewpoints. The CHES concluded that KM IT should be a core competency of the Knowledge Services staff. In the next-generation KM, staff and contract employees are integrally involved in developing, deploying, and maintaining the Web site.

The system architecture is designed to provide continuous use with minimal downtime. This is accomplished using servers in a secure server farm located at the Army Medical Department Center and School.

The backbone of the KE is a database. All data are stored as objects in a database, providing the capability to search and retrieve all data on the site. The data are delivered to the web using web programming language.

The Knowledge Services staff programs its own custom collaboration tools. The strategy is to provide basic tools needed by the user in applications and languages that are currently available in the AMEDD

The Army Medical Department's Knowledge Exchange team are clockwise, Martha Waldman, Knowledge Management consultant, Stephen Hutton, programmer, Andrew Munoz, Knowledge Management consultant, Daniel Williams, programmer, Jerry Robinson, Knowledge Management consultant, William Nichols, system architect, Mark Morley, system administrator and David Bengert, programmer and database administrator.

architecture. The programmers use applications that are available to most of AMEDD users and avoid requiring users to download additional applications.

Self-Service

The self-service aspect is a new feature of AMEDD KE. The first-generation Web site was entirely password-protected and provided AMEDD users very little content. The requirement of a password to access information that did not need protection was the most prominent negative comment from users. The redesigned Web site provides unrestricted access to appropriate AMEDD knowledge, thereby facilitating knowledge sharing.

SMEs provide content using a custom templating process. Programmers meet with the SMEs to discuss their business process and create a template for the SMEs to enter information directly to the Web site. Often, the business process is streamlined as a result of these discussions. This creates a win-win situation: SMEs are empowered to publish information without requiring a webmaster, and AMEDD benefits by receiving information directly from the source quickly and accurately. The Knowledge Services staff maintains quality by granting access only to

authorized SMEs responsible for that particular subject.

Communities Of Practice

Knowledge sharing through collaboration is a hallmark of AMEDD KM. First-generation KM supported several successful COPs that were migrated to the new AMEDD Knowledge Exchange. Success stories from communities include reducing cycle time for curriculum development from 4 years to 3 months, improving patient care by sharing clinical practices, and providing justification for a single standard of education for accreditation of a graduate program. Two new COPs are being planned. The CHES is partnering with APQC to form a COP among deputy commanders for administration in AMEDD medical treatment facilities. The goal is to share best practices and solve common problems.

Warrior Knowledge Base

Another initiative is in planning is the Warrior Knowledge Base. This community is designed to allow soldiers training at combat training centers and company-level units to develop an expert database. Ultimately, this knowledge will be transferred to soldiers stationed at fixed facilities.

The Knowledge Services staff supports AMEDD strategic projects by providing custom programming and assisting with process improvements. One of the goals of the Surgeon General's Reengineering and Quality Initiatives Working Group was to develop a process for sharing best practices across the AMEDD. The staff designed a custom application that allows best-practice entries to be submitted, reviewed and, if appropriate, posted for all to see. Another example is the development of a database-driven solution for personnel reporting in a medical battalion, which significantly reduced personnel time required to provide reports.

Medical personnel use Knowledge Exchange to gather and share information worldwide



Courtesy photo

AMEDD Knowledge Exchange receives Best Practice Award

The AMEDD Knowledge Exchange team received the honor of being awarded the Army Chief Information Officer (CIO) best practice award for "Best Overall Knowledge Management Initiative." The award was presented to Col. L. Harrison Hassell, chief, Center for Healthcare Education & Studies, U.S. Army Medical Department Center & School, during the second annual Army Knowledge Symposium held in Kansas City, Mo. on April 2 by Lt. Gen. Peter Cuvillo, Army CIO/G-6.

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islands of easily accessible information for knowledge seekers. Sponsored by the Center for Healthcare Education and Studies, the Knowledge Exchange is an award-winning site recognized for its knowledge management practices.

"The Knowledge Exchange provides a home for a variety of individual specialties," said Martha L. Waldman, Knowledge Management Consultant. "Within each specialty, or Community of Practice, a healthcare provider can have continuous access to the latest information and advances in the field." The Communities of Practice (COPs) provide clinicians, faculty members, and students with the web-enhanced collaboration they need to reduce costs, increase accuracy, reduce cycle time, and accomplish their mission more effectively.

The KE provides easy access to a network of professionals who can be easily tapped for their expertise. "A few years ago,

specialists would have to wait for annual conferences to gather and share knowledge with peers and mentors. The Knowledge Exchange provides an ongoing forum for medical personnel worldwide," said Tefft.

The Knowledge Exchange portal has a host of tools to facilitate knowledge sharing. Threaded discussions, document sharing, and library database access enable members to streamline their business processes. The KE's templated process allows individual community administrators to post and manage information directly and immediately, without relying on a Webmaster.

The bottom line, according to Tefft, is getting the right information to the right people in the right amount of time. "When we decided to own the Knowledge Exchange process instead of outsourcing it, we wanted to create a niche and focus on our core areas in order to provide the best service for our users," said

Tefft.

The nine-member staff continues to support the Army Medical Department providing consultants, programmers and technicians to keep the knowledge flowing within the 16 Communities of Practice currently on the Knowledge Exchange. But that's not all, the Knowledge Exchange team is paving the way for additional Communities of Practice and looking to link COPs.

"We would like to link CoPs that have shared knowledge. For example, Orthopedics and Physical Therapists need access to knowledge and information common to both specialties. We want each COP to be fully maximized in the exchange of knowledge," said Tefft.

According to Andrew H. Munoz, Knowledge Management consultant, the Knowledge Exchange is a great innovation. "We can't wait to see where we go from here."

Sense of readiness and command support motivates local soldiers to donate blood, plasma

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The DoD-sponsored blood bank, however, is strongly recruiting donors because of the short shelf life of blood and stringent qualifications unveiled in October. Blood needs to be maintained at cold temperatures, or frozen, and lasts approximately 30 to 40 days.

The new blood program qualifications eliminate any service member who was stationed in Europe or the Far East between 1980 through 1996 because of the risk of contracting a variant of Creutzfeldt-Jacob Disease, the human form of Mad Cow disease. Donors are also turned down if they visited the territories for longer than six months.

The tri-service blood donor program qualifications now exclude nearly 20 percent of the military from donating blood. Some local facilities report 25 percent deferments because East Coast personnel are more likely to travel to Europe, according to Lt. Cmdr. Michael Libby, the deputy director of the Navy Blood Program office.

"The deferrals have taken their toll," said Lt. Col. Steve Beardsley, the laboratory manager and acting chief of blood services at Walter Reed Army Medical Center. "They are based off of theoretical risks, but they're absolutely real enough to warrant a stringent selection process."

Fitzpatrick, his wife and three daughters are unable to donate blood because they were stationed in Europe from 1988 to 1991.

"I would prefer to donate blood," said Fitzpatrick. "I understand the precautions, but will be able to donate again someday."

The program has focused its attention to recruiting more blood

donors in traditionally high donor areas. Blood donor recruiting is essential for replenishing the blood no longer received by donors who now fail to meet the qualifications, according to Libby.

"The national average of deferrals for civilian blood donation agencies, like the Red Cross, is approximately 3 percent," said Fitzpatrick. "The military has a much tougher selection process, but that doesn't mean the need for blood is lessened."

Blood must pass nine infectious disease tests before it is eligible for transfusion. The process includes three tests for HIV, three for hepatitis B, two for hepatitis C and one for syphilis.

Armed service members who received the Anthrax vaccination are still eligible to donate blood, according to Fitzpatrick.

The controversy surrounding the possible Anthrax vaccination side effects does not warrant a suspension from donating blood.

"We achieved our goal of maintaining the same quantity and quality levels since the deferrals started in October," said Fitzpatrick. "In two or three years, we hope to have a test to determine whether or not a person is contaminated with variant Creutzfeldt-Jacob Disease."

Platelet donations remain in constant demand because of their importance to medical treatments and their short shelf life. Platelets are used to treat patients with life-threatening diseases, like cancer, and can only be stored up to five days.

Every other Wednesday Robert Klempa heads for Walter Reed to donate platelets. He's done so for more than six years.

"By nature, I like volunteering. If someone else can use the product, then it definitely makes it

Donate blood to support Armed Services Blood Program

Transfusion services at Brooke Army Medical Center had to buy blood since the first of the year. The Akeroyd Blood Donor Center supplies BAMC with 500 units of blood per month. Now that we are sending blood to the Armed Services Whole Blood laboratory in support of soldiers involved in Operation Enduring Freedom, the numbers of units is up to 600 units needed monthly.

To give the gift of life, visit the Akeroyd Blood Donor Center Monday through Friday from 8 a.m. to 3 p.m. For more information, call the center at 295-4655 or call Sherye Thomas or Lt. Col. Whittaker 916-1180.



Photo by Edward Rivera

Pvt. Jonathan Pace, B Company, 187th Medical Battalion, relaxes along with two sailors while donating plasma at the Akeroyd Blood Donation Center on post, April 30.

Iraq out of Kuwaiti borders, both medically and strategically.

Blood supply was monitored by Iraqi brass in an attempt to predict when the United States would attack. Gen. Norman Schwarzkopf requested two large shipments of blood, prior to any offensive, to confuse Saddam Hussein and Iraq's defense tactics, according to Fitzpatrick.

"In Desert Storm and Desert Shield, we used 80,000 units of blood from the tri-service blood program and purchased 20,000 units from civilian agencies like the Red Cross," said Fitzpatrick. "In the war against terrorism, we have provided everything ourselves and we don't see any reason to impinge

on the civilian supply."

The military, on average, donates twice as much blood as civilians, according to Fitzpatrick. Commanders are required to support blood donations, according to DoD regulations, but donating is voluntary.

"The motivation is different in the military," Fitzpatrick said. "We have a sense of readiness and the support of commanders, so we are able to recruit many more volunteers."

The DoD blood bank program, Beardsley said, is "a good example of military people taking care of military people."

CSA Retiree Council suggests several health care refinements

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made and those present and potential participants are educated.

The Council urged the Chief to further equity between military and other federal retirees by supporting concurrent receipt of military retired pay and Department of Veterans Affairs disability compensation; to support enhanced cooperation between the DoD and VA health care systems to improve benefits without forcing military retirees to choose one of the systems; and to remain vigilant to any reduced access to or service at military commissaries. The Council also underlined the importance of full-time installation Army Retirement Services Officers and urged that these positions not be outsourced or otherwise undermined.

The CSA Retiree Council,

co-chaired by retired Lt. Gen. John A. Dubia and retired Sgt. Maj. of the Army Robert E. Hall, is made up of 14 Army retirees — seven retired officers and seven retired enlisted soldiers. Prospective members are nominated by their installation retiree councils and approved by the CSA. At its annual meeting, the council reviews issues forwarded by installation councils and determines which should be reported to the CSA and which can be addressed at the installation level. Of the 35 issues submitted, 17 concerned the accessibility, quality, and affordability of the military health care system.

The Council suggested the following health care refinements:

- Raise TRICARE reimbursement levels, where necessary, to attract a network of physicians to provide accessible health care to all

military beneficiaries.

- Eliminate TRICARE Prime co-payments for retirees under age 65 and their families, a benefit already extended to active duty members, Medicare-eligible retirees and their families.

- Expedite TRICARE Prime enrollment outside the United States.

- Improve information programs to help retirees make informed health care choices.

- Expand the Retiree Dental Insurance Program outside the U.S.

- Waive penalties for late enrollment in Medicare Part B. (Note: Retirees and family members over age 65 must be enrolled in Medicare Part B to be eligible for TFL. Some retirees did not enroll in Medicare Part B when first eligible because more military health care was available at that time or because they lived overseas where Medicare is not



available. Now, to be able to use TFL, some must pay penalties that double their monthly Medicare premiums.)

- Allow volunteers in the Federal Employee Health Benefit Plan test program for military retirees over age 65 to continue in the program or be integrated in the TRICARE system without disadvantage.

The Council suggested the following health care communication improvements:

- Fund quarterly publication of *Army Echoes*, the Army

retiree newsletter.

- Decreasing funding has cut the number of issues and created the perception of lack of Army support among retirees.

- Fund improved educational efforts addressing programs such as TRICARE for Life, Survivor Benefit Plan and bonuses for retirees, those about to retire and those making career decisions, using the Internet, videotape and CD-ROM. This effort should be part of professional training programs.

The Council was briefed by the CSA and formally presented these concerns to both the CSA and the Army Vice Chief of Staff. The Co-chairmen of the Council will continue to meet periodically with the Chief during the year to discuss the progress that has been made on these issues.

Source: Army Retirement Services

Army Transformation continues on course

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centric.”

“I’m here because the work being done here is important and I wanted to see it first hand,” he said. “We are already doing the great things that will lead to transformational effects.”

During Rumsfeld’s brief visit he was able to observe IBCT soldiers in action, tour the Intelligence Operations Facility and receive briefings on Fort Lewis and Transformation.

The Defense secretary viewed a shoot-house demonstration by Company C, 5th Battalion, 20th Infantry Regiment, 3rd Brigade, 2nd Infantry Division. This display was an example of how the new medium-weight force will be more effective in close quarter combat, a skill previously reserved for specialized units.

“In the past, shoot houses were only used by special operation forces,” said 1st Lt. Gerald Rebeschini, a platoon leader with C Co. “But because of conflicts such as Somalia and Bosnia, it was determined that there was a need for other units to be trained in this type of environment.”

That mindset is exactly where Rumsfeld’s thoughts lie concerning transformation.

“We are constantly changing and we are constantly learning,” he said. “We are already applying lessons from the Afghanistan experience to the work we are currently doing.”

According to the secretary of Defense, the work at Fort Lewis is going well.

“This is the first time I’ve had a chance to come out and meet some of these folks,” he said. “There is no question that they are proceeding roughly on the timetable they have planned and it seems to be coming along well.”

This was also the first time Rumsfeld has been to Fort Lewis since becoming President George W. Bush’s secretary of Defense last year.

During Rumsfeld’s press conference, many questions focused around events after Sept. 11, the War on Terrorism and operations in Afghanistan.

“The president and I said from the very outset, shortly after September 11, that we would not rule anything out, and we haven’t,” Rumsfeld said. “There is no doubt that putting Special Forces troops on the ground, embedded in the Afghan forces, dramatically shifted the circumstance and the conduct of that war.”

The Defense secretary added the placement improved targeting and resupplying, and provided connectivity of U.S. forces with their forces, which enabled the United States to

accomplish a great deal in a short period of time.

Some have said that if the IBCTs located at Fort Lewis had been ready to deploy on Sept. 11, they would have been one of the first units on the ground in Afghanistan. Rumsfeld, though, would not speculate on what type of mission the unit might have once the IBCT contingency force becomes operational in December.

“Those are things a combatant commander makes judgments on as he goes along,” Rumsfeld said. “There are specific capabilities he needs with respect to certain types of activities.”

Rumsfeld said there is no question that there are still Al Qaeda and Taliban forces that will try to congregate and reassert influence in Afghanistan if the U.S. does not pay attention.

“They’re in the mountains, they’re in the caves, they’re in the villages, they’re also across the borders,” he said. “It’s important that we keep pressure on them so that the people of Afghanistan can go about their business and the country isn’t turned into a terrorist training and deployment site again.”

Rumsfeld also addressed the formation of the U.S. Northern Command. “The roles and responsibilities of the military will not change with respect to the United States,” Rumsfeld said. “I do believe that the establishment of the campaign, of the command, will enable a unity of focus, a capability that will be improved.”

He said the military is not the first line of defense inside the country and that under the Posse Comitatus law the military would only help the first responders in a supporting role.

“The Northern Command will have NORAD and air defense; it will include an area 500 miles outside the shores of our country and will also include the border areas,” he said. “I don’t think anything will be notable by an individual citizen unless there is a serious crisis.”

However, Rumsfeld wants to put those individual citizens to work to offset requests by military commanders for more personnel. For instance, he wants National Guard soldiers out of the nation’s airports and off its borders as soon as possible.

Although he said it was appropriate after Sept. 11, because of the security crisis in the U.S., he would like to turn back that responsibility as it is putting a stress on the military.

“They are civilian functions, and they ought to be performed by civilians and by people who have signed up to do that,” Rumsfeld said. “We train our folks to be warfighters.”

AAFES trailer to get a new patriotic look

As a symbol of its commitment to serving the members of the U.S. Armed Forces, the Army and Air Force Exchange Services is replacing its familiar “Earth Friendly” logo with a new patriotic look.

The flag decal, traditionally used only on the trailer driven by the AAFES Driver of the Year, has been identified as the decal

of choice for the AAFES CONUS fleet.

“The new decals will be placed on all of our new over-the-road cargo trailers as replacement units are purchased,” said AAFES Logistics Senior Vice President Mary Ellen Gillespie. She introduced the flag decal, with slight modifications, in the fall of 2001 as new prototype for all of the



AAFES fleet. The Earth Friendly logos have been used since 1989. The first of the fleet trailers with the new look will be on the road within the next few weeks.



Free computer training for family members



Family Member Employment Assistance now has openings in the morning and afternoon sessions for free computer training for family members. Training is available on all Microsoft Office software and much more. Appointments are required.

For information:
Call Pat Forgy at 221-0516.

AAFES tradition kept alive by volunteers for Operation Enduring Freedom assignment

When the call went out for experienced managers to assist with new store development in remote Operation Enduring Freedom (OEF) sites in Southwest Asia, Army and Air Force Exchange Services Europe employees Mia Zierlein, a shopette manager at Albertshof, and Felica Walker, a Mannheim Main Store sales area manager, were quick to step to the front of the line. In doing so, they became part of a selective group of AAFES employees who have continued a strong “We Go Where You Go” tradition of volunteering to serve deployed service members around the world.

Despite their enthusiasm, nothing could prepare Mia and Felicia for what is involved in getting ready for a three to six-month remote deployment — so many shots, paperwork, BDU uniforms, gas masks, and, of course, living in the “trenches” alongside the troops they were serving.

Once they were ready to deploy, the two managers were off on the next plane bound for Site 6 and new surroundings unfamiliar to

them. According to Mia, “the AAFES mission is to serve those who serve, but actually putting that effort into action is an incredible experience...something that everyone should experience.”

When the AAFES team arrived at the Site 6 Base Exchange (BX), they were greeted by cement blocks marking where the new BX would be built. “As a result,” said Mia; “we went to Qatar for two weeks to assist with store resets there. When we arrived back ‘home,’ we had less than three weeks to open the new AAFES store.”

A few weeks later, the Air Force officially signed for the building and the store was opened. “At that time, our initial stock assortment consisted of basic survival merchandise: toiletries, sodas, chips, magazines and CDs,” Mia recalled. “The task seemed overwhelming until a swarm of military volun-

teers provided hope for these wild expectations.”

Soon after the opening, the duo found themselves faced with many challenges. Because none of the fixtures had arrived, Mia and Felicia improvised by using pallets for fixtures and bed frames for CD racks. When the madix fixtures and coolers finally arrived, it seemed like Christmas to them.

“Our soldiers repeatedly thanked us for going the extra mile and taking care of their personal requests,” said Felicia. “We reviewed every in-store requests and did everything we could to meet each and every soldier’s needs.” Mia recalled that in the early days, they had no Internet connections in the store, “so we did what we had to in order to keep going. Once we were connected, the AAFES Intranet provided a vital source for store display

fixture layouts that we used for the construction of CD racks.”

A typical day consisted of showing up at the dining facility for breakfast by 7 a.m., and then heading to the BX by 8 a.m. Most evenings they wouldn’t return to their tents until 10 p.m. With only two people running the store, neither one could afford to be away from the facility very long.

Daily responsibilities ranged from offloading 40-foot containers (with the help of the local Air Force transportation unit), stocking shelves, ordering merchandise, coordinating with the AAFES-Europe Region buyers on sundry inventory issues (such as dog tag silencers, suntan oil, bathing suits and beach towels), handling special requests, and providing soldiers with a sense of home-away-from-home.

“Even during the Christmas

*“Our soldiers repeatedly thanked us
for going the extra mile
and taking care of their personal requests.”*

**Felica Walker,
AAFES**

holidays last year, AAFES didn’t shrink back from completing its mission, and the local command was very pleased to have us as a part of their team,” said Mia. “They also made an effort to make Christmas special for the troops. In the dining facility, for example, they constructed a 15-foot wooden Christmas tree, complete with fake snow and Christmas tree lights. AAFES joined in by offering a gift box in support of the Christmas bingo night. In a land filled with war and turmoil, soldiers looked to us as a welcome relief from their daily responsibilities, and a place to hang out and talk.”

When asked if she would volunteer again, Mia was quick to reply, “You bet!” Like so many other AAFES volunteers serving not only those servicemen and women participating in OEF, but in deployments throughout the world, “it’s just another day serving the world’s greatest customers.”

South Texas Exchange General Manager, Betty J. Obrien, would like to personally commend Ron Deluca, Fort Sam Houston Post Exchange manager, who volunteered and will deploy on OEF assignment in June.

Tax change means more service members qualify for Earned Income Credit

By Jim Garamone
American Forces Press Service

Tax changes affecting reportable income for this year will mean more service members qualify for the earned income tax credit, said Defense Department officials.

Congress has changed the way income is figured and the way the credit is paid. Uniformed military members will be the chief beneficiaries, according to Army Lt. Col. Tom Emswiler, executive director of the Armed Forces Tax Council.

In the past, he said, the basic allowances for housing and subsistence and pay excluded from income due to combat zone service was included in calculating whether a person qualified for the earned income tax credit. The credit was “paid” with the filing of one’s

annual income tax return.

“This year Congress is only going to make you include the money in your taxable income,” Emswiler said. The allowances and tax exclusion won’t count as earned income when computing the credit, he noted. In addition, Thrift Savings Program contributions also will be excluded.

“What this means is that more members are going to qualify for earned income credit this year than ever did previously,” he said.

The earned income credit is for employees who don’t make a lot of money. Income limits this year are \$29,201 (\$30,201 if married filing jointly) if you have one qualifying child; \$33,178 (\$34,178 if married filing jointly) if you have more than one qualifying child and \$11,060 (\$12,060 if married filing jointly) if you do not have a

qualifying child. Other rules also apply.

Refundable credits, like the earned income tax credit, are worth more than deductions because they reduce income taxes dollar for dollar and the government pays the taxpayer any credit remaining after the tax due falls to zero. For most persons claiming the credit, deductions would reduce taxes by 28 cents or less on the dollar and then only to zero.

Instead of waiting for a lump-sum annual credit payment, taxpayers can request advance monthly installments now if they expect both their annual earned income and adjusted gross income to be less than \$29,201 (\$30,201 if married filing jointly); they have or expect to have at least one qualifying child; and they expect to qualify for the credit in tax year 2002.

Service members

with questions about the credit should visit their installation Defense Finance and Accounting Service office or legal assistance office. The Internal Revenue Service Web site, www.irs.gov, can provide full details, forms and guidance. Click on “Earned Income Credit,” Publication 596; or “Your Income Tax,” IRS Publication 17; or enter “Earned Income Credit” into the site’s search engine box.

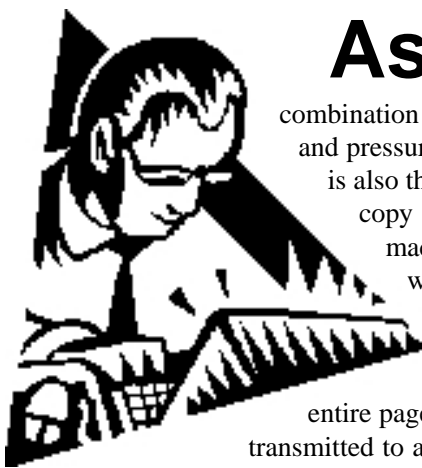
Members who believe they qualify for advance monthly credit payments this year should fill out IRS Form W-5, available at installation DFAS offices or on the IRS Web site, Emswiler said.



Photo by Edward Rivera

Coins of recognition

Marlene Nash, A-76 Operations Center Civilian Transition Services Manager receives a Garrison Commander’s Coin from Col. Douglass A. Biggerstaff, garrison commander. Nash and nine other Positive Action for Civilian Employees team members were awarded coins for their PACE initiatives. Coin recipients include; Will Apkarian, Alcohol and Drug Abuse prevention and Control Program; Chaplain, Col. James M. Coindreau; Rita Dalton, chief, Army Community Service; Roger Feedham, A-76 Operations Center Management Analyst; Eugene Hill, Civilian Personnel Advisory Center; Gerd Jacobi, Consumer Affairs and Financial Assistance Program; Marie Jangaon, Equal Opportunity Employment Office; Russ Lane, Army Career and Alumni Program and Ralph Rodriguez, Army Career Education System.



Ask Solutions Man

combination of heat and pressure. This is also the way copy machines work. Because an entire page is transmitted to a drum before the toner is applied, any scratches, defects or toner accumulation on the drum can affect the quality of the printout. There are two other types of printers that fall under the category of laser printers even though they do not use lasers at all. One uses an array of LEDs to expose the drum, and the other uses LCDs. Once the drum is charged, however, they both operate like a real laser printer. Some printers have separate drum and toner cartridges. Since you've already replaced the toner cartridge, check to see if your drum cartridge needs to be replaced as well.

Q: Sometimes I get a message that my outgoing e-mail

message is undeliverable. Why does this happen?

A: Because your e-mail message bounced. Bounced e-mail never arrives in the recipient's inbox and is sent back, or bounced back, to the sender with an error message to the sender that the e-mail was never successfully transmitted.

When you send e-mail, you're telling the e-mail system to look for the domain of the recipient (for example, us.army.mil) and the domain's e-mail server. Once the e-mail system makes contact with the recipient's e-mail server, the e-mail server looks at the message to determine if it will let the message pass through the server. If the recipient's server is not accepting e-mails from the sender's address (for example, if it has blocked the address for anti-spamming reasons), the server will reject the message and it will subsequently bounce it back to the sender.

The message will also bounce back to the server if the e-mail server on the recipient's end is busy and cannot handle the request at that time. When e-mail is returned to the sender without being accepted by the recipient's e-mail server, this is called a hard bounce.

Once the recipient's e-mail server has accepted the e-mail there are still ways for the message to be rejected. The mail server has to determine if the recipient (for example, solutionsman@amedd.army.mil) actually exists within its system and if that recipient is allowed to accept e-mails. If the recipient's address does not exist (or no longer exists) on the mail server, then the message will be rejected because there is no one to deliver the message to. If the sender misspells the recipient's address (for example, salutionsman@amedd.army.mil) then the system will recognize this as a nonexistent address

and bounce the message back. If the recipient exists but does not have enough disk space to accept the message (i.e., if their e-mail application is filled to storage capacity) then the message will bounce back to the sender. Some e-mail systems predetermine a maximum message size that it will accept and will automatically bounce the message if it exceeds that size (some e-mail systems predetermine a maximum amount of disk space the user is allowed to occupy on the server). When e-mail is returned to the sender after the recipient's e-mail server has already accepted it, this is called a soft bounce. Some e-mail servers are programmed to accept incoming e-mails and store them for further analysis.

ACEC announces upcoming test information

The Army Continuing Education Center testing services would like potential testers to know about important upcoming testing information.

Defense Language Proficiency testing is offered once a week for those who want to continue to be qualified for FLLP I or FLLP II pay.

There will be no controlled testing at the Education Center from May 9, 2002 through May 29, 2002. Controlled tests include all Army Personnel Tests, CLEP, DSST, ACT, SAT, and Excelsior tests. It does not include TABE, practice tests, and college proctored tests.

Several paper-based College- Level Examination Program tests are being retired this summer. The CLEP national testing program has been converting to computer-based tests since July of 2001, periodically retiring certain paper-based tests. Since the Fort Sam Houston Education Center currently offers only paper-based tests, several of these will no longer be available at the center. The last

month to take the following tests will be June. The six retiring paper-based CLEPS are: American Government, College Algebra and Trigonometry, Human Growth and Development, Principles of Marketing, Introduction to Sociology, and Trigonometry.

June will also be the only summer month in which SAT I testing will be offered at the Education Center. SAT's national testing service shuts down annually in late summer to prepare for the next school year's testing program, which begins in October. This means that processing and scoring is not done in August and September. SAT I testing will resume again in October.

Testing is free for active duty and eligible National Guard and Reserve soldiers. Anyone interested in testing needs to see an education counselor first, who will then refer individuals to testing to make appointments to take the tests. For more information contact the Army Continuing Education Center at 221-1738.

COOL Website helps soldiers certify skills for jobs

By Joe Burlas
Army News Service

Soldiers who want to develop professional civilian skills while serving in the Army now have a COOL way to see what can be required for the career field they are interested in.

The Army Continuing Education System launched a Credentialing Opportunities On-Line, or COOL, Website April 15 that identifies the education, experience and testing requirements to earn certification or licenses for hundreds of civilian jobs.

COOL is located on the Web at www.armyeducation.army.mil/cool. “We do not credential soldiers for civilian jobs,” said Louie Chartier, post secondary education program manger, Army

Education Division.

“What this program does is educate soldiers about what is needed in order to get credentials for the job they want to pursue following the Army. The COOL Website provides analysis information that links military occupational specialties with similar civilian equivalent jobs.

“It tells the soldier what to study, what work experience is required, (and) what the educational requirements are, so the soldier can manage his own pathway to the credentials he may need,” Chartier said.

About 71 percent of Army MOSs have civilian equivalents that are subject to certification or licensure, according to ACES statistics. The Website allows a soldier to enter the

analysis section by specific MOS, or, if interested in credentialing requirements outside his MOS, by job title.

For example, a 27D legal specialist will find that his Army MOS training and experience is creditable with the National Association of Legal Assistants for legal writing, research and litigation for a paralegal job.

However, the 27D soldier will also see that he needs education credits in intellectual property, bankruptcy and consumer protection law, in addition to taking and passing the ABA paralegal certification exam.

Legal specialists also can be certified as legal secretaries, legal assistants, legal clerks and court reporters, according to COOL. “Costs for certification tests can be anywhere from \$100 to \$2,000,” Chartier said. But the good news is soldiers

can use the Montgomery GI Bill, she said. Authorized just last year, soldiers leaving the service with the Montgomery GI Bill can use up to \$2,000 of that benefit per test.

Chartier said she encourages soldiers to use Army Computer-Based Training, also known as SmartForce, for information technology preparation courses as equivalent civilian courses can be costly. SmartForce must initially be accessed through an Army Knowledge Online account or from a Department of Defense computer.

The SmartForce courses are free to soldiers and Department of the Army civilians. The SmartForce Website address is www.atrrs.army.mil/channels/eLearning/smartforce.

The SmartForce courses have recently been reviewed by the American Council on Education for recommended college

credits, Chartier said.

In order to improve Army recruiting which had been lagging for several years, former Secretary of the Army Louis Caldera directed in August 1999 the implementation of a number of initiatives — one being GI to Jobs, a program to expand opportunities for soldiers to earn civilian credentials related to their MOS. COOL is part of the GI to Jobs initiative.

Another part of GI to Jobs is Partnership

for Youth Success, better known as PaYS at www.armypays.com. PaYs is a program that allows a potential recruit to enlist with a guaranteed civilian job waiting for him when he leaves the Army. There are currently 19 civilian companies with Army PaYS agreements, including BellSouth, John Hopkins, Sears, DynCorp and Pepsi.

“The Army had an Army Apprenticeship partnership agreement with the Department of Labor

“What this program does is educate soldiers about what is needed in order to get credentials for the job they want to pursue following the Army. The COOL Website provides analysis information that links military occupational specialties with similar civilian equivalent jobs. It tells the soldier what to study, what work experience is required, (and) what the educational requirements are, so the soldier can manage his own pathway to the credentials he may need,”

Louie Chartier
Post secondary education program manger,
Army Education Division

from 1974 to 1997” said Dian Stoskopf, ACES director.

“DoL recognized MOSs education and experience by issuing certificates in a number of civilian career fields. The program was discontinued as soldiers complained the certificates were not recognized by unions in the local areas where they wanted to work.

As many of the current certifications on COOL are based upon partnerships with national professional and technical associations, Stoskopf said, the Website encourages soldiers to ask certification or licensure boards in the area they want to work what their requirements are for appropriate credentials.

A-76 Cost Comparison Study update

The U.S. Army Garrison Base Operations Support (BOS) Solicitation closed on October 5, 2001. That was the last day for contractor proposals to be received by Gary Hankins, the Contracting Officer. In addition, Hankins received the USAG Most Efficient Organization (MEO) proposal. Since then, the Source Selection Evaluation Board (SSEB) has met, as required, to review the contractor proposals. This SSEB review is a rather lengthy process. At present the SSEB is reviewing contractor proposals. The SSEB will make a recom-

mendation based on which contractor submitted the lowest priced, technically acceptable proposal. The Source Selection Authority (SSA) will then make the final selection, in accordance with the solicitation provisions, of which contractor will be compared to the MEO. The winning contractor's proposal will then be compared to the MEO proposal and the Contracting Officer will then announce the initial decision of who has won the competition, the MEO or an outside contractor. The initial decision is scheduled to be made on July 15.

Once this initial decision is made there is a period set-aside for public review of the In-House Cost Estimate and supporting documentation by all interested parties. The public review period lasts 30 calendar days plus an additional 30 calendar days for resolution of any submitted appeals. Following the public review, a ten-calendar day period will be allowed for protests to be filed with the General Accounting Office (GAO). The final decision in this study, if there



are no appeals or protests, will take place after the 40-calendar day review/appeal and protest period and after Major Command and Congressional approvals are obtained. Transition to the MEO/Contractor proposal will begin after the final decision announcement is made. If there is a public appeal and/or GAO protest, then the final decision on the contract award will be postponed until after all appeals, protests, and other required procedures

are completed. **Visual Information Solicitation** The Visual Information Solicitation for contractors to submit proposals was issued March 20, and requires interested contractors to submit their proposal no later than 3 p.m., May 23. An MEO for the visual information activity is being developed. Evaluation of proposals will be conducted with the Initial Decision currently scheduled to be made July 15, in conjunction with the BOS announcement. Following the Initial Decision the same appropriate

procedures and timeframes will be followed simultaneously with the BOS, regarding public appeals and protests before a Final Decision is made. The Museum Solicitation issued on March 20 was canceled. The study has also been cancelled. More information will be provided as these A-76 Studies progress. Call the A-76 Hotline (210) 221-2439 24 hours a day seven days per week if you have questions or comments regarding the A-76 Study or visit the A-76 Operations center and Website: <http://www.cs.amedd.army.mil/a76/>.

Off-limits areas and establishments announced

Pursuant to Army Regulation 190-24, OPNAVINST 1620.2A, AFI 31-213, MCO 1620.2C, and COMDTINST 1620.1D, Armed Forces Disciplinary Control Boards and Off-Installation Liaison and Operations, the following establishments located in San Antonio, Texas are off-limits to armed forces personnel:

- Planet K (all locations)
- Spy Room/Observatory, 13307-A U.S. Highway 281 North
- Executive Health Club, 1121 Basse Road
- One-O-Six, 106 Pershing Road
- The Saint, 1430 North Main Street
- Silver Dollar, 1418 North Main Street
- 2015 Place, 2015 San Pedro
- Cracker Box Palace, 622 West Hildebrand
- Cracker Box Palace, 2200 San Pedro

These establishments have been placed off limits by the San Antonio Armed Forces Disciplinary Control Board to help maintain the health, morale, and welfare of armed forces personnel. Personnel entering off-limits establishments may be subject to disciplinary action per applicable service regulation and the Uniform Code of Military Justice.



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Help stamp out hunger, donate generously on May 11

By Gil Cortez
Special to the News Leader

On Saturday, May 11, The National Association of Letter Carriers, in conjunction with the U.S. Postal Service will be collecting non-perishable food items like canned soup, juice, pasta, vegetables, cereal and rice to help families in need in our community. The food banks in San Antonio are in short supply of non-perishable foods. The Letter Carriers' Food Drive assists thousands of people each year locally and around the world.

Last year the residents and troops at Fort Sam Houston made this event very successful and thousands of food items were donated to the San Antonio food banks. Considering the recent national events, the Letter Carriers in San Antonio with the support of the military community area again striving to make the 10th Annual Letter Carriers' Food Drive the best ever.

You can help by placing your non-perishable can food items in a bag and placing the bag near your mailbox or on the porch. For residents who have cluster mail receptacles, place your can goods in a bag or box and leave it next to the cluster mail receptacles. Your carrier will take it to the Post Office and it will then be delivered to a local food bank or pantry.

Place your donations prior to 9:30 a.m. Saturday, May 11. Collections will begin at this time. The Food Drive is for one day only.

In addition, there will be a Postal employee in front of the Fort Sam Houston Branch Post Office at 368 Stanley Road collecting your non-perishable canned goods between 10 a.m. and 1 p.m.

For more information, call Gil Cortez, at 226-0252.



Courtesy photo

Residents will soon receive a postcard in their mailbox similar to the one above reminding them of the 10th Annual National Association of Letter Carriers' Food Drive on May 11. The Stamp Out Hunger May 11 is a combined effort with the U.S. Postal Service. Residents are encouraged to give generously and help feed the hungry.

Thrift Shop open Saturday for donations only

The Fort Sam Houston Thrift Shop will be open this Saturday, May 4 from 11 a.m. until 2 p.m. for donation drop off only. This is to encourage all persons who participated in the post-wide garage sale to drop off unwanted items that were not sold. We also have a donation shed,

which is accessible 24 hours a day and is located on the front landing of the shop. It is checked and emptied frequently. Large items may be dropped off on the dock during regular business hours or arrangements may be made for alternate times if necessary by calling 225-4682.

For more information:

Call the Fort Sam Houston Post Thrift Shop at 225-4682.

TSP open season May 15 to July 31

Thrift Savings Plan contribution percentages or dollar amount changes can be done via Internet at <https://www.abc.army.mil> or via telephone at 1 (877) 276-9287. Allocations of your investment can be changed via computer at www.tsp.gov. Thrift Savings Plan is one of the best benefits we have as government employees with matching government contributions to the Federal Employee Retirement System. Thrift Savings Plan is a vital part of your three-part retirement program (Thrift Savings Plan,

Social Security, and Pension). The Office of Personnel Management has advised employees under FERS who do not actively participate in Thrift Saving Plan contributions can expect a retirement annuity at or below poverty level. Congress is concerned that one-quarter of employees under the FERS system are not contributing to the Thrift Savings Plan. The contribution limits will rise by another percentage point to 13 percent for FERS and 8 percent for CSRS employees the following season.

Post worship schedule



Protestant

Sunday:

- 8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398
- 9 a.m. Traditional Service, Installation Chaplain’s Office, Bldg.2530
- 9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
- 10 a.m. Service, BAMC Chapel
- 10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
- 11 a.m. Service, AMEDD Regimental Chapel
- 11:15 a.m. Gospel Service, Evans Auditorium
- 12:30 Spanish Service, AMEDD Regimental Chapel

Wednesday:

- 9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
- 12 p.m. Bible Study, Dodd Field Chapel
- 12 p.m. Service, BAMC Chapel

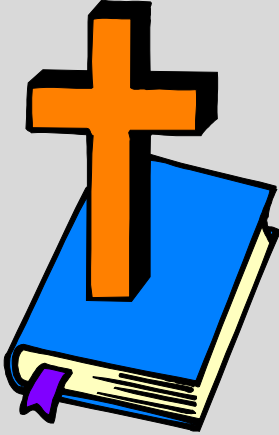
Catholic

Saturday:

- 5:30 p.m. Mass, AMEDD Regimental Chapel

Sunday:

- 8:30 a.m. Mass, BAMC Chapel
- 9:15 a.m. Mass, Dodd Field Chapel
- 9:15 a.m. Mass, AMEDD Regimental Chapel
- 11:15 a.m. Mass, BAMC Chapel
- *12:45 p.m. Mass, Dodd Field Chapel
- *Bilingual Mass on 1st Sunday of the month (For information call 590-6593).



Weekdays:

- 11 a.m. Mass, BAMC Chapel
- 11:30 a.m. Mass, AMEDD Regimental Chapel

1st Friday:

- 9 a.m. Mass Catholic Women, Dodd Field Chapel

Jewish

Friday:

- 8 p.m. Service, Dodd Field Chapel
- 8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

Mormon

Sunday:

- 10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium

Tuesday:

- 7 p.m. LDS Studies, AMEDD Regimental Chapel

Muslim

Sunday:

- 10:30 a.m. Religious Education, Bldg. 607A, Infantry Post

Friday:

- 1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post

Thursday:

- 8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

Note: The Post Chapel is closed for renovations indefinitely.

Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432.

Commissary, Post Exchange Advisory Council meeting

The Installation Commissary and Post Exchange Advisory Council meeting will be held May 16 at 9 a.m., in the Break Room, Commissary, Building 360. Submit input for the agenda no later than May 2 to Thomas Lara at 221-5891 or Barbara King at 221-5115.

Kraft Foods sponsors youth essay contest

Kraft Food is sponsoring a youth essay contest. The essay contest topic title is, “The Person I Admire.” Entries should not to exceed 1,000 words. A \$1,000 U.S. Savings Bond will be awarded to a military family youth 18 years or younger.

Contestants should include their name, age, telephone number, and the military installation. Confirmation of eligibility will be determined before prize is awarded.

The essays should be post-marked before August 15, 2002 and should be mailed to:
San Antonio Missions Baseball Club
Oscar Mayer Youth Essay Contest
5757 Highway 90 W
San Antonio TX 78277

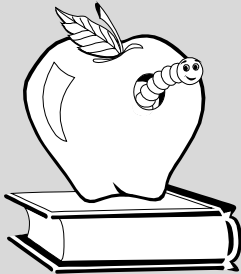
Fort Sam Houston Independent
School District
Weekly Campus Activities

May 6 - May 11, 2002
Teacher Appreciation Week

Fort Sam Houston Elementary School
Thursday, May 9
Sixth Grade Band performs for Fifth Grade - 8 to 9 a.m.

Friday, May 10
Spirit Day

Robert G. Cole Jr./Sr. High School
Monday, May 6
ASVAB: Seniors - TBA
AP Exam: Seniors (Optional)
English IV AP Exam - Morning
Spring “C” Awards in Moseley Gym - 6 p.m.



Tuesday, May 7
AP Exam: Seniors (Optional)
Calculus AP Exam - Morning
Spring Art Show in Moseley Gym - 6 to 7:30 p.m.

Wednesday, May 8
Cole Mibsters 2nd Annual Marble Tournament in Gym - 3:30 - 5 p.m.

Thursday, May 9
AP Exam: Junior (Optional)
English Language - Morning
Impact Parents Support Meeting in Media Center - 5:30 to 7:30 p.m.

Friday, May 10
State Track Meet at University of Texas at Austin

Saturday, May 11
State Track Meet at University of Texas at Austin
Cole Band Banquet at Roadrunner - 6 p.m.

Cole Jr./Sr. High School honor roll

The following
Robert G. Cole Jr./Sr.
High School students
have attained academic
success for the fifth six
weeks of the 2001-2002
school year:
A Honor Roll

(Grade of 90 or higher
in all classes)

7th Grade
Krystian Francuz
Michele Ingari
Analise Medina
Amy Reed

8th Grade
Amanda Bray
Ashley Fee
Caitlin Gresenz
Frances Janny
John Luciano

9th Grade
Sean Chislett
Christine Ingari

10th Grade
Brandon Childers
Amanda Collyer
Ashley Mullins

12th Grade
Bernard Hebron
Kirsta Leeds

A-B Honor Roll
(Grade of 80 or higher
in all classes with at least
one grade of 90 or higher)

7th Grade
Karen Bergstrom
Andrew Boisvert
Makesha Brewer
Jaselyn Brundage
Sarah Clark
Clinton Ellis, Jr.

Allison Erickson
Stephanie Gehrke
Shawta Ham
Bradley Johnson
Thomas Leeds
Lionel Lowery
Brittany Maas
John Millnik
Jacqueline Ordonez
Jamie Palermo
Dianisse Plaza
Aleesha Primos
Stephanie Rivera
Fabian Rodriguez
Kathleen Salazar
Rosangela Serrano
Simone Thomas
Zipporah Tillman
Angelica Villanueva
Aeriell Watkins
Aaron Wells
Chelsea Woodard
Cecily Worthington

8th Grade
Elizabeth Bagg
Sarah Burgess
Amos Captain
Amanda Carrillo-
Maldonado
Doris Daniels
Constance Davis
Caitlyn Dempsey
Rachel Janny
James Jordan
Stephen Lagutchik
Amanda McCormick
Matthew Newcomer
ShanTerika Remo
Nathan Rush
Natasha Smith
Seth Stenske
Marylou Stockton
James Strickland

Keith Vason
9th Grade
Jennifer Bagg
Anne Boisvert
Jonathan Brown
Ross Burgess
Benjamin Carter
Joshua Collins
William Davis II
Scott Gibson
Chris Guthrie
Amy Jackson
Joshua Jones
Scott Kelly
Caitlyn McCoole
Levi Mosely
Andrew Patrin
Ellen Richardson
Troy Robertson
Alex Sanjur
James Starcher II
Danielle Williams
Nadine Willis

10th Grade
Peyton Bell
Martin Carpenter
Justin Dixon
Jovan Ebaloroza
Brenda Frias
Michael Gresenz
Christopher Gross
Denny Harris
Amanda Jeter
Charissa Kahue
Craig Lott
Drew Meilinger
John Olmos

David Parker
Daniel Philbrick
Cyrelle White
11th Grade
Matthew Agee
Adam Annen
Michael Biggerstaff
Victor Burgos
Kamarri Darrington
Fabian Maennl
Alberto Martinez
Alexandra Maxwell
Kevin Miller, Jr.
Brian Parker
Alonso Velarde
Matt Vaughn
12th Grade
Rebecca Bannon
William Cox
Peter Garibaldi, Jr.
Shantia Gates
Joseph Gresenz
Omar Harris
Heather Hernandez
Giannina Herrera
Sean Kiley
Jill Klauck
Randy Loewen, Jr.
Mark Lora
Lakia Martin
Jennifer Sampson
Natasha Simons
Joseph Trepkowski
Brandon Valera
Tristan Walters
Joy Wortham

Recreation and Fitness News

May 11- Summer X-tramural Basketball league begins. For more information call Earl Young at 221-1180.

May 13 - All Army Sports Team Softball Applications Due - Applications may be picked up at the Jimmy Brought Fitness Center, Bldg. 320, Wilson Road. For information call Earl Young at 221-1180.

May 13 - Lifeguard Class - At the Jimmy Brought Fitness Center. Cost is \$140. Call 221-1234 for more information.

May 13 - Scuba Diving Certificate Classes - At the Jimmy Brought Fitness Center. All scuba gear is furnished. Classes run for 2 to 3 week sessions and cost \$190 per participant. Earn your PADI and NAUI certification. Call 221-1234 for more information.

May 27 - Kraft Foods “Salutes the Military Family” by offering free tickets to a Missions’ baseball game on Memorial Day. Ticket vouchers will be available at Carlson Wagonlit Travel at Bldg. 2434 on Allen Rd and the Library, Bldg. 1222 at the corner of Harney and Chaffee Roads. For more information call the Marketing Department at 221-2926 or 221-2307.

June 11 - Military Family Appreciation Nights - General Mills is saying “Thank You” by offering free tickets to the Missions Baseball games. Coupons for these games will be available at Carlson Wagonlit Travel one week prior to the event. Coupons are redeemed at the Nelson Wolff Stadium for actual tickets. Call 221-2926 or 221-2307 to reserve tickets.

Get Your Body in Shape – Aerobics offered at the Brought Fitness Center includes, Water Fitness, Low-Impact Step, Kick Step Combo, Cardio Step and more. For information and class schedule call Lucian Kimble at 221-2020 or 221-1234.

Women’s Varsity Softball - Players are still needed for the women’s softball team. If you are interested in playing, call Earl Young at 221-1180.

Varsity Soccer - Players are still needed. Call 221-1180 for more information.

Varsity Basketball - Coaches are needed for the fall basketball season. If you are interested, send resume to Earl Young, Jimmy Brought Fitness Center, Bldg. 320 or e-mail earl.young@cen.amedd.army.mil. Call 221-1180 for more information.

Instructors Wanted
Certified Aerobic and Yoga Instructors- are needed at the Brought Fitness Center. Call Lucian Kimble at 221-2020 for more information.

May 4 and 5 – Cinco de Mayo Tournaments
The Varsity Soccer Team finished the Season with a 4-3-3 record. They are getting ready for the Cinco De Mayo Tournament May 4-5 at Retama Park Soccer Fields.
The Men and Women Varsity Softball teams both have a record of 5-2. They will be playing in a Cinco De Mayo Softball Tournament May 4 and 5 at Fort Sam Houston.

Spring Softball Standings

Apr 25 Place	W	L
BAMC	5	0
DMRTI	3	0
Fire Dept	3	0
5 th Army	4	1
DFAS	3	1
DCSS	3	1
HHC MEDCOM	3	2
ITBC	2	2
SA MEPS	2	2
LDB	1	1
443 rd MP Co	1	2
Charlie Grunts Blue	1	3
NCO Academy	0	2
Co E Acad Bn	0	4
USAMISSA	0	5
Charlie Grunts Green	0	5

Apr 22			
443 rd MP Co	18	Co E Acad Bn	2
BAMC	12	DFAS	0
DCSS	17	Charlie Grunts (Green)	8
SA MEPS	18	USAMISSA	1

Fire Dept	12	HHC MEDCOM	6
5 th Army	30	Charlie Grunts (Blue)	1

Apr 24			
HHC MEDCOM	9	USAMISSA	8
BAMC	25	Charlie Grunts (Green)	4
DMRTI	19	ITBC	6
DFAS	11	5 th Army	9
5 th Army	20	ITBC	7

Join the mentor program:

Go to:	Call:
The Fort Sam Houston Mentor Program office, in the Installation Chaplain’s office, Bldg. 2530.	Iva Winslow or Nancy Moore, Mentor Coordinator at 221-5005 or 5007.

Career Clips

The Army Career and Alumni Pro-gram office provides numer-ous job assistance related services to eligible service members, DoD civilians, and their adult family members in transition from federal employ-ment. Contact ACAP, Bldg. 2264 or call 221-1213. The Family Member Employment Assistance Pro-gram, located in ACS, provides job assistance to family members of active duty and retired service members as well as family members of current DoD civilians. Contact FMEAP, Bldg. 2797 or call 221-0516.



Volunteer Internship as an Assistant Event Coordinator - San Antonio. Ideal opportunities for family member with some computer skills but not much work experience. This position will coordinate activities, schedule committee meetings, attend planning meetings and take notes, establish and maintain files, prepare publicity materials and announcements. Call 221-0516.

Process Technician, Chemical - San Antonio. Work with computer applications, chemical system maintenance, chemical analysis, handling hazardous waste, and shipping/receiving of hazardous chemicals. Call 221-1213.

Clinical and Technical Center Call Center Representative - San Antonio. Receives technical or clinical calls from internal and external customers and process in accordance with guidelines and procedures. Requires certification as a LPN or EMT. Call 221-1213.

Fort Freebies

All Freebies are published on a first come, first serve basis. Commer-cial advertisements are prohib-ited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial adver-tising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: news.leader@amedd.army.mil or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.



For Sale: Four 14" Mags with P235 tires, will fit a Ford Ranger. Complete set \$200, must see. Call (210) 566-6730.

For Sale: Sears Posterpedic twin bed, almost new, \$75, rocker/swivel chair in excellent condition, \$35, computer desk- 72" by 36", legs detach, \$35. Panasonic vacuum cleaner (auto sensing), works anywhere in the world, compact size, \$25 obo. Call 822-2727 after 4 p.m.

For Sale: 70 Series Kenmore heavy duty washer and dryer in excellent condition, \$175 obo. Call 497-8379.

For Sale: 1996 Ford Ranger XLT. 56,000 miles, supercab with bed liner, standard 4 speed with overdrive, tinted windows, AM/FM cassette, cold a/c, good condition. Call 221-3525 or 832-0661 and ask for Sgt. 1st Class Chris Jones or leave message.

For Sale: Fifteen foot Seaswirl boat, V-hull, 28 hp Evinrude, fishfinder, top trailer, other extras. Great starter boat, \$1,750 obo. Call 212-8822.

For Rent: Four bedrooms, two bath home located at 3010 Buzz Aldrin, Kirby Texas. Rent \$800 monthly rent with \$500 deposit and two-year lease. Call Senior Master Sgt. Brian Knight or Elaine Knight (210) 885-1167 or (210) 317-5506 (cell numbers) home (615) 758-7122. Home available now.

Soldiers play for ‘Best in Brigade’



▲With the goal in view the victor would be decided by which team had more endurance. Bravo and Delta Company players battled each other until late in the second period when Delta Company scored the only goal of the game.



▲Scoring the only goal of the game, D Company's Juan Toribio shows his feet aren't just for marching.

▼Bogdan Sonneschein's E Company team member deflects a spike out of bounds.



D Company claims soccer, volleyball titles

By Edward Rivera
Fort Sam Houston Public Affairs

April 25 was a busy day for Center Brigade athletes. Six teams competed to determine which three teams would end the day best in the Brigade. While two soccer teams from the 187th Medical Battalion ran each other ragged on the field, four center brigade teams were bombarding each other with volleyball artillery.

Soccer— B (Bravo) Co., 187th Med. Bn. vs. D (Delta) Co., 187th Med Bn.

Endurance was the key in a grueling match pitting two teams from the same battalion against each other. Bravo Co. took on Delta Co. to see who were the best “footballers” in the 187th Medical Battalion and Center Brigade.

Both teams displayed awesome defenses keeping the game scoreless the first half and most of the second. It wasn't until Delta Co. soldiers attacked Bravo head-on resulting in a hard driving goal.

The hard-fought match ended with only one goal being scored and Delta Co. being crowned the Brigades best.

“Although Bravo Company had a strong team, our players’ motivation and desire to win teamed with the excellent coaching of Sherwin Granger and Juan Toribio allowed us to achieve the victory,” said Capt. Gerardo Lopez, commander, D Co.

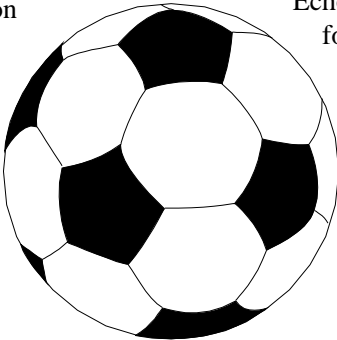
Men’s Volleyball — B (Bravo) Co., 187th Med. Bn. vs. E (Echo) Co., 232nd Med. Bn.

In a best of three final during the men’s volleyball championship tournament, Echo Co. sent Bravo Co. packing for the season by beating them in two straight. Echo Co. took to the court with destruction on their mind and romped on their opponent 14-7 in the first game and 10-8 in the second. Coach Thomas Vatcher praised his team’s victory and commended team captain Bob Elvir who was a former All-Marine team volleyball player for his court leadership.

Women’s Volleyball — E (Echo) Company, 232nd Med Bn vs. D (Delta) Company 187th Med Bn.

In a three-game spike fest, the ladies of Delta Co. beat Echo Co. two games to one. The Delta team took charge immediately beating Echo Co., 12-5 in the first game. But the loss didn’t shatter E Company’s confidence; they battled back winning the second match 11-9. After a tough second match E Co. was worn out and D Co. breezed to victory in the third game 15-4.

“It’s great that our teams were able to win over their competition, I am especially glad we won the soccer contest too since I have played it most of my life,” said Lopez



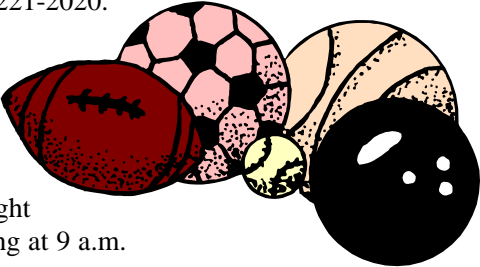
Photos by:
Edward Rivera

Post National Physical Fitness
Month Events

In promotion of National Physical Fitness Month, Fort Sam Houston will hold a series of events promoting fitness.
For additional information on any of the following events call Lucian Kimble at 221-2020.

May 11

A 2-on-2 Around the World Basketball Tournament will be held at the Jimmy Bought Fitness Center beginning at 9 a.m.



May 15

Designated as Fitness and Health Day, the Jimmy Brought Fitness Center will have health and fitness professionals on hand to talk on topics ranging from workouts to cancer prevention. In addition free lunch will be provided along with prize drawings. The event kicks off at 10 a.m. and will run till 6 p.m.

May 18

Once again the cardio challenge is put out there for those aerobics enthusiasts to come on down and see how well they do in a three-hour aerobics marathon held at the Jimmy Brought Fitness Center from 10 a.m. to 1 p.m.

May 19

In keeping with the spirit of the National Basketball Association Championships, Fort Sam Houston will host a double elimination 3-on-3 Basketball Tournament beginning at 9 a.m.

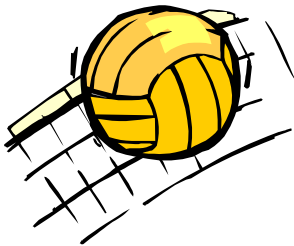


◀Taking on a Delta team defender, a Bravo team member continues to drive toward the goal during this weekend's championship tournament.

▼Echo Company team captain Dayirene Maldonado sets the ball for a teammate to spike.



▲The volleyball soars out of bounds after E Company team member Bogdan Sonneschein's spike is deflected by a B Company player.



"It's great that our teams were able to win over their competition, I am especially glad we won the soccer contest too since I have played it most of my life,"
Capt. Gerardo Lopez, commander, D Co.

▼The competition was fierce as Delta Company's Rachel Jankowski, left battles an opponent to keep the ball in bounds.



FSH vehicle safety and seat belt guidance

More than 41,000 people lose their lives in motor vehicle crashes each year and over two million more suffer disabling injuries, according to the National Safety Council. The triple threat of high speeds, impaired or careless driving and not using occupant restraints threatens every driver — regardless of how careful or how skilled.

Don't start the engine without securing each passenger in the car, including children and pets and locking all doors. Safety belts save thousands of lives each year!

All military, DoD civilian personnel, and contractor personnel working at Fort Sam Houston, are required to wear safety belts or Directorate of Transportation approved helmets while operating or riding privately owned vehicles or motor cycles respectively, at Fort Sam Houston. This also applies to official business off the installation.

Implementing the Army Safety Program's motor vehicle accident prevention efforts will



reduce the risk of death and injury to Army personnel in POV accidents. The policies and procedures of the U.S. Army and Fort Sam Houston require that all the occupants of a vehicle be restrained and secured by the use of seat belts.

The standards are applicable to all personnel including contractor employees, working at Fort Sam Houston and its satellite installations. All personnel must comply with the U.S. Department of Defense and the Department of Army guidance. In addition, contractor employees working at Fort Sam Houston and its satellite installations must comply with federal contracting guidelines and the State of

Texas Motor Vehicle Statutes.

Fort Sam Houston Regulation 190-5 requires the use of infant/child restraint devices (car seats) at all times. The vehicle operator is responsible for informing passengers of the safety belt requirement. The senior occupant is responsible for enforcing the use of seat belts by all.

Visitors to Fort Sam Houston facilities and satellites are required to implement and maintain POV safety standards at all times during their visit.

The use of headphones, earphones, or hand held portable telephones is prohibited while operating a motor vehicle or bike on the installation.

Do not operate an open-bed pickup truck, an open flatbed truck, or draw an open flatbed trailer when a child younger than 18 years of age is occupying the bed of the truck or trailer.

Texas statutes mandate the use of seat belts by persons, including children, riding in the front seats when vehicles are being operated on Texas public roads.

Policies and Regulations

The following list of policies and regulations provide information and guidance to Fort Sam Houston personnel on the policy and procedures to be followed while driving privately owned vehicles (POVs):

- AR 385-10, Regulatory Requirements
- AR 385-55, The Army Safety Program
- Prevention of Motor Vehicle Accidents
- FSH Regulation 190-5, Motor Vehicle Traffic Code
- FSH Regulation 385-5, Running Safety
- FSH Regulation 385-10, Occupational Safety and Health Program

DODI 6055.4, Department of Defense Traffic Safety Program, State of Texas Statutes, Transportation Code, Chapter 545, Operation and Movement of Vehicles Sec. 545-412, Child Passenger Seat Systems, Offense; Sec. 545-413, Safety Belts, Offense; Sec. 545-414, Riding in Open Beds, Offense.

Vehicle washing guidance for post housing residents

Residents may wash vehicles in family housing areas under the following restrictions:

- Always use a nozzle or shut off valve on the hose or use a bucket.
- Do not waste water by letting it run continuously.
- Do not park on the grass while washing the vehicle.
- Follow current water restrictions, when imposed.
- For more information call 221-4842.

Prevent carbon monoxide poisoning

Carbon monoxide is the number one cause of unintentional poisoning in the United States, resulting in about 5,600 deaths each year.

Carbon monoxide is known as the "silent killer" because it is difficult to detect. Often, heating and cooking equipment are the sources. The key to staying safe is recognizing the warning signs that could indicate carbon monoxide in the home. These include:

off Symptoms may include frequent headaches, burning sensations in the nose and eyes, blurred vision, even fainting.

- Gas flames in the furnace that appear to be burning yellow instead of blue.
- Black chimney smoke or irregular noises produced by an oil furnace or hot water heater.
- Excessive moisture on windows and walls in a gas-heated home.

North American Technician Excellence (NATE), the nation's largest non-profit certification organization for heating, ventilation, air conditioning and refrigeration technicians, reminds people that carbon monoxide might still be present in the home even if these warning signs aren't.

Steps to protect

In addition to knowing the warning signs and hiring a contractor who employs NATE-certified technicians to service your heating equipment, you can protect your loved ones by:

- Installing carbon monoxide detectors with alarms throughout the home.
- Avoiding the use of vehicles, other fueled engines (lawnmowers, weed eaters) or gas barbecue grills inside the garage, even if the door is open.
- If you install cooking equipment, have it inspected. Or select factory-built cooking equipment approved by an independent testing laboratory.
- Opening the flue for adequate ventilation when using the fireplace.

An annual evaluation and proper maintenance by a NATE-certified technician will help ensure that heating and cooling systems are in good working order and may help reduce health and safety concerns.

For more information on NATE, call 877-420-NATE. To find a NATE-certified technician in your area, visit the Web site at www.natex.org.

A carbon monoxide detector is one simple step homeowners can take to protect their families. (Source: North American Precip Syndicate)

Get ready, get set, mow!

Do you ever wonder why the grass is always greener on the other side of the fence? Maybe your neighbor understands the basics of good lawn care. According to Billy Lowe of Snapper-builder of residential and commercial lawn-mowing equipment for more than 50 years—great lawns can spring to life when you follow these rules:

Get ready—They come in a variety of colors and sizes, but no matter what a mower looks like, it can't do the job without a good blade. Whether you use a regular blade or one that mulches, a dull blade will hack at your lawn and leave your grass weakened and prone to disease, Lowe says. Start the year with a good pre-season mower checkup at an independent power equipment dealer to make sure the mower and its safety systems are ready for a weekly workout.

Get set—Before you start the mower each time, check the basics. Make sure your fuel tank is full, your oil is at the proper level and grass, leaves or other materials are cleared away from the engine, discharge chute and blade. Tighten bolts that appear loose and make sure bagging equipment has no holes or tears.

Are you ready? Take a look at what you're wearing. Your lawn-mowing uniform should consist of long pants, a shirt with sleeves (no loose-fitting items or dangling chains or strings) and hard-toe shoes. Complement your ensemble with long hair tied back, a pair of sunglasses or safety glasses and sunscreen.



Walk the yard, make sure it is dry and check for hidden toys, rocks or other items. An object caught in the blade can not only damage the mower, it can come hurtling through the discharge chute at a velocity capable of damaging homes or cars and injuring you or others.

After you've cleared the yard of objects, clear it of people and pets. Don't risk an injury. Remove the possibility by sending those you love inside and out of the path of the mower.

No passengers on mowers—ever. In addition to the obvious danger of children slipping off the mower or distracting the operator, children who ride on mowers lose their fear of mowers and consider them to be toys—not power equipment. Children who regularly ride on mowers with a well-meaning parent or relative have been known to run after the mower while it is in motion with the driver unaware that the child is nearby and possibly in the mower's path. It is an accident that can easily be avoided by never taking a passenger on your mower.

Go!—Make a pass with your

mower and then check how much you are cutting off. The rule is, only cut one-third of the blade each time you mow. Grass, like any plant, makes food through its leaves. If there is not enough leaf (or, in the case of grass, blade) left the plant must struggle to make food to feed its roots.

Speaking of food, why remove a great source of nutrition for the lawn by bagging? Finely chopped particles of grass can provide much-needed nutrients for the lawn. Mulching grass cuts trash-hauling bills, keeps bags of grass out of overflowing landfills, cuts down mowing time and feeds the lawn. Lowe recommends bagging grass only at the beginning and end of the mowing season, when it is more likely to be damp and heavy, or to discourage weed reseeding when dandelions and other weeds are at their height.

Finally, Lowe advises, don't get into a mowing rut. Change directions each time you mow, moving horizontally, vertically and diagonally to keep your yard rut-free.

Follow these simple rules and your lawn can be the one that your neighbors envy.

For more lawn care tips, information on Snapper Equipment or a list of Snapper dealers, contact Snapper at 1-800-SNAPPER or visit www.snapper.com.

Before you mow, it's a good idea to make sure that your mower is in tiptop shape.

(Source: North American Precip Syndicate)

Diabetes reaches epidemic proportions

With more than 16 million people in the United States currently living with diabetes, the disease is reaching epidemic proportions. Traditionally, it has been perceived as a lifestyle-limiting condition-one that prevents people from eating their favorite foods and engaging in their favorite activities. Yet, recent studies show that treatment is no longer an issue of what should or should not be eaten, but about how much food should be eaten and at what intervals. Furthermore, according to new guidelines, physical

activity helps insulin work better, improves blood glucose levels, and helps people with diabetes manage their condition. There are two different types of diabetes. Type one diabetes, which is insulin dependent, accounts for five to ten percent of all diagnosed cases of diabetes. The majority of people with diabetes, however, have type two, which is non-insulin dependent and commonly transpires in adulthood. While both types of diabetes require strict attention to blood glucose/sugar levels, physical activity and diet, people with diabetes

can still enjoy their favorite foods and pastimes. People with diabetes can enjoy a variety of foods, but they should monitor fat and carbohydrate levels in their meals. When monitoring the diet, it is important to manage fiber and fat intake-not just sugar levels. Whole grain and fiber-rich foods boost nutrition and manage blood glucose levels. Nutrition experts suggest a fiber intake of 20 to 35 grams per day. Other healthy choices include "fat free" or "light" foods. Drink plenty of water and other sugar-free beverages,

such as Crystal Light or Sugar-Free Tang. Food is vital to diabetes management, so every person should obtain a personalized meal plan for his or her lifestyle needs. Kraft Diabetic Choices offers a new, interactive meal planner that does just that. By visiting www.kraftdiabeticchoices.com, users can access the first meal-planning program that caters specifically to the diabetes lifestyle. Following questions on health, exercise and lifestyle habits, the meal planner designs a full week of meals and an easy



Courtesy photo

reference grocery list. For additional tips, diabetes-friendly recipes and information, log onto www.kraftdiabeticchoices.com, a helpful library for the entire family. (Source: NAPSA)

Diagnosing heart disease: New Cardiac Scanner

More than 12 million Americans have a history of coronary heart disease, and approximately 500,000 of those people die each year. The American Heart Association reports that about half of those who die were never even hospitalized. These facts point to a clear need for a reliable, non-invasive and economical tool to diagnose heart disease at an early stage, and to track progression of disease in order to allow for successful medical care, doctors say.

Fortunately, new medical testing technology-called Multislice computed tomography (CT)-can help physicians diagnose heart disease in its earliest stages, without the need for surgery or direct angiography. Doctors believe this new cardiac scanner can improve the effectiveness of treatment and help slow down the progression of Coronary Heart Disease, a known cause of heart attacks.

Called the SOMATOM Sensation Cardiac, the new technology from Siemens Medical Solutions can visualize and differentiate coronary lesions in early, possibly pre-clinical stages. For example, CT imaging techniques are becoming the new standard for diagnosing non-calcified plaque, a main cause of heart attacks.

Here's how it works: the Sensation Cardiac CT scanner uses '16-slice' technology to produce four-times more speed, real-time image reconstruction and higher image resolution than today's more common, top-of-the-line, four-slice CT machines. This increased speed provides a dramatic difference, particularly when imaging moving organs such as the heart. Because more



Courtesy photo

images are gathered in one rotation of the CT gantry and because each rotation is faster, doctors are able to gather more information in a shorter period, enabling them to make faster decisions.

The improved image quality of the new 16-slice scanner also allows doctors to see smaller vessels-including small coronary arteries with less than one-millimeter diameter-and other fine anatomical details they could not see before, without surgery. Non-calcified coronary plaques, associated with coronary artery disease and possibly acute heart attacks, may be visualized at an early stage of the disease.

The Sensation Cardiac may even allow for more effective control of pharmaceutical treatment, such as lipid-lowering agents, doctors agree. The technology also could be used to complete follow-up visits after surgery, eliminating the need for additional invasive procedures. To learn more, go to www.siemensmedical.com.

Take heart: A new way to diagnose heart disease is saving lives-and saving the pain and cost involved with invasive diagnostic surgery, medical experts agree.

(Source: NAPSA)

Blood donations needed

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them. If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.

A Prescription For Good Health

Orthodontic Screening

The Tri-Service Orthodontic Residency Program at Lackland Air Force Base will conduct screening exams for braces at Budge Dental Clinic, Fort Sam Houston, in May. Appointments can be scheduled for family members of active duty or retired personnel, who are 10 to 15 years old. Family members must be in good dental health and enrolled in DEERS. Patients selected for treatment must remain in the San Antonio area for a minimum of 2 years. Family members leaving the area prior to September 2004 will not be evaluated. Appointments will be limited and can only be made by telephone. Call 295-4677 between 7 - 10:30 a.m. and 12:30 - 3:30 p.m. on Tuesday, May 7, and request an orthodontic evaluation.

Preventive Dentistry Specialty Course seeks patients

The Preventive Dentistry Specialty Course (91E 330-X2) is seeking new patients who desire dental cleanings. Screening examinations will be conducted on May 8. This opportunity is open to military retirees and family members of retirees. The Preventive Dentistry Clinic is located in the Army Medical Department Center and School, and serves as a teaching institution to prepare students for duties as Preventive Dentistry Specialists. All treatment will be performed by students enrolled in the Preventive Dentistry Specialty course under the supervision of qualified instructor.

Prospective new patients must meet certain requirements to qualify. Patients must be at least 12 years of age, and if under 18 must be accompanied by a parent or guardian. Elevators are not available, and patients must be physically able to navigate the stairwell to the third floor of the school. Appointments are generally scheduled to last approximately two to three hours, and several appointments may be necessary to complete treatment. To schedule an appointment or for more information, call 221-8982.

Health Promotion Center May Class Schedule

Class	Date	Time
Cholesterol and Lipids	May 6	9 to 11:30 a.m.
Diabetes Support Group	May 6	10 to 11 a.m.
COPD Part 1	May 6	1 to 4 p.m.
Diabetes Education	May 7	12:45 to 4 p.m.
Office Yoga	May 8	Noon to 1 p.m.
Self Care and Health	May 9	9 to 11 a.m.
Cholesterol and Lipids	May 13	9 to 11:30 a.m.
Menopause	May 13	5 to 7:00 p.m.
Stress Management	May 14	10 to 11:30 a.m.
Diabetes Education	May 14	12:45 to 4 p.m.
High Blood Pressure	May 15	9 a.m. to noon
Office Yoga	May 15	Noon to 1 p.m.
Fibromyalgia Support Group	May 15	1 to 3:30 p.m.
Back Pain	May 16	2 to 3:30 p.m.
Body Fat Testing	May 17	8 to 11 a.m.
Breast Health	May 17	11 a.m. to noon
Asthma Part 1	May 20	1 to 3 a.m.
Arthritis	May 21	9:30 to 11 a.m.
Diabetes Education	May 21	12:45 to 4 p.m.
Tobacco Cessation "Readiness to Change"	May 21	5 to 7 p.m.
Office Yoga	May 22	Noon to 1 p.m.
Fibromyalgia Self-Help Session 1	May 22	1 to 3:30 p.m.
Weight Management Session 1	May 23	8:30 to 10 a.m.
Self Care and Health	May 23	1 to 3 p.m.
Office Yoga	May 29	Noon to 1 p.m.

Note: Call the Health Promotion Center at 916-3352 or 916-5538 to register for all classes, except Diabetes Education, Weight Management, and Fibromyalgia. To register for Diabetes Education call the Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select option 2. To register for Weight Management call Nutrition Care Division at 916-5525. Fibromyalgia Self-Help series requires a consult from your primary care provider to Behavioral Medicine.

Four march on after final parade

Colonel Frank J. Berlingis, U. S. Army Medical Command, Fort Sam Houston, Texas

Col. Frank J. Berlingis retires following thirty years of military service. Berlingis was born in Offenbach, Germany, the son of a career Army Noncommissioned Officer. He graduated from La Salle University, Philadelphia, Penn., and was commissioned in the U.S. Army in 1972 as a Medical Services Corps Officer.

In 1982 he was an honor graduate of the U.S. Army - Baylor Program in Health Care Administration and received his Masters in Health Administration from Baylor University. His military education includes the AMEDD Officers Advance Course, the Inspector General Course and the Command and General Staff College.

Berlingis is currently the chief of Patient Administration, U.S. Army MEDCOM and Patient Administration Consultant.

His previous assignments include; Director, Patient Administration, Walter Reed Army Medical Center; Chief of Initiatives Group/MHS Optimization Team, OTSG; Uniformed Services Liaison Officer, OCHAMPUS; Deputy Commander for Administration/Troop Commander, Wuerzburg MEDDAC; Chief, Patient Administration, BAMC; Chief, Patient Administration Operations, HSC; Director, OCHAMPUS Europe; Assistant Inspector General, 7th MEDCOM; Chief, Patient Administration, MEDDAC, Fort Dix; Chief, Inpatient/Ancillary Services, MEDDAC, Fort Ord; Patient Administrator, PASBA; and Executive Officer, 150th Medical Detachment.

His awards include the Legion of Merit, the Defense Meritorious Service Medal, the Meritorious Service Medal (five Oak Leaf Clusters), and the Army Commendation Medal (four Oak Leaf Clusters). He also holds the Expert Field Medical Badge and the Office of the Secretary of Defense ID Badge. Berlingis is a Diplomat of the American College of Healthcare Executives and has been awarded the Order of Military Medical Merit.

Colonel James G. Solomon, U.S. Army Medical Department Center and School, Fort Sam Houston, Texas

Col. James G. Solomon, is currently the Senior Assistant to the Chief, Medical Service Corps, Office of the Chief, Medical Service Corps, Fort Sam Houston, Texas will retire following 26 years of service.

His Army career began as a four-year ROTC scholarship student at North Georgia College and State University, Dahlonega, Ga. After graduating in 1975 with a bachelor of business administration degree he was commissioned in the Army as a second lieutenant in the Medical Service Corps.

He is a graduate of the Army Medical Department's Basic and Advance Officer Courses and is a 1987 resident graduate of the Command and General Staff College, Fort Leavenworth, Kan.

Solomon's diverse assignments include, Medical Platoon Leader, 1/327th Infantry, 101st Airborne Division (Air Assault) and later as Executive Officer, C Company, 326th Medical Battalion, 101st Airborne Division (Air Assault), Fort Campbell, Ky. He was assigned as



Courtesy photo

Company Commander and later Adjutant, United States Army Medical Department Activity, Fort Huachuca, Ariz. Solomon later was assigned as aide-de-camp to the commanding general, Letterman Army Medical Center, Presidio of San Francisco, Calif. Additionally he was aid-de-camp to the commanding general 7th Medical Command, Heidelberg, Germany.

He also held positions as Enlisted Personnel Management and Assignment Officer at the 7th Medical Command. He was chief, Army Medical Department Boards Branch and Recorder, Department of the Army Secretariat for Selection Boards, Military Personnel Command, Alexandria, Va. He was also the Battalion Executive Officer, 7th Medical Battalion, 7th Infantry Division (Light), Fort Ord, Calif. Afterward he was the Career Manager, Medical Service Corps Branch, United States Total Army Personnel Command, Alexandria, Va. and Personnel Policy Integrator, Office of the Deputy Chief of Staff for Personnel, the Pentagon, Washington, D.C.

He commanded the 115th Field Hospital, Joint Readiness Training Center and Fort Polk, La. from July 1994 through July 1996. In addition to the 504-bed Deployable Medical Systems hospital, his command included the 565th Ground Ambulance Company, 36th Air Ambulance Detachment, 485th Preventive Medicine Detachment, 39th Dental Detachment and 4th Squad/43rd Veterinary Detachment.

He then moved to the Army Medical Department Center and School where he first played a major role in the final shaping, documentation, and approval of Army XXI's medical go-to-war organizations through the Medical Reengineering Initiative as the Chief, Organization and Personnel Systems Division, Directorate of Combat and Doctrine Development. Next he developed structure and leader development plans through modeling and life cycle management for the Medical Service Corps' 24 specialties as the Medical Service Corps Personnel Proponent Officer and then as the Chief, Enlisted Personnel Proponent Division (Career Management Field 91 - Medical).

His awards and decorations include the Meritorious Service

Medal (8th Award), the Army Commendation Medal, and the Army Achievement Medal. He proudly wears the Expert Field Medical Badge, the Air Assault Badge and the Army Staff Identification Badge. He was distinguished as the recipient of 1983 Chief, Medical Service Corps Award of Excellence and was inducted as a member of the Army Medical Department's Order of Military Medical Merit in June 1984.

Staff Sergeant Curtis Marshall, 187th Medical Battalion, Fort Sam Houston, Texas

Staff Sgt. Curtis Marshall retires following twenty years of military service, effective July 31, 2002.

Marshall completed Basic Combat Training at Fort Jackson, S.C. His Advanced Individual Training as a supply clerk was completed at Fort Jackson in November 1982.

His first duty assignment was as a supply clerk at A Company 1st Battalion, 61st Infantry (Mechanized), Fort Polk, La. During his assignment he deployed four times to the National Training Center at Fort Irwin, Calif. and one time overseas for Reforger at NATO HQ in Belgium. In April 1986 he graduated from the Primary Leadership Development Course at the 5th Infantry Division NCO Academy and was then promoted to Sergeant.

In October 1986, he was assigned to Heidelberg Germany and was then assigned to Headquarters, USAREUR Property Book Office as a team section chief NCO for requisitioning and distribution of automation equipment throughout Europe. While assigned at Heidelberg he was selected as 5th Provisional Support Battalion NCO of the month and quarter and later went on as runner up for NCO of the year.

In October of 1989, he was assigned as a Supply Sergeant to Bravo Company, 3rd Battalion, 18th Field Artillery at Fort Sill, Okla.

From October 1989 to February 1990 he attended and graduated from the Basic Non-Commissioned Officer Academy at Fort Lee, Va. In September of 1990 while in field training maneuvers with the 3rd Armored Cavalry Regiment at White Sands Missile Range in El Paso, Texas he received orders to deploy to South East Asia. From

October 1990 to April 1991 he served as a part of Operation Desert Shield/Storm and was engaged in the land battle. In January 1992, he was assigned to 11th Armored Cavalry Regiment Supply and Transport Troop as the supply sergeant for the largest supply operations.

In March 1993, he was promoted to staff sergeant. In October 1993 the regiment received word to draw down forces in Europe and in February 1994, he was assigned to Fort Polk, La., where he was assigned as the supply sergeant for a 500-bed field hospital. In March 1997, he was then assigned as the supply sergeant for A Company, 46th Combat Heavy Engineer. Marshall final tour of duty was with the 187th Medical Battalion at Fort Sam Houston, Texas as the S-4 NCOIC responsible for all logistical assets to support over 2,400 soldiers.

Staff Sergeant Ike D. Garcia, U.S. Army Garrison, Fort Sam Houston, Texas

Staff Sgt. Ike D. Garcia, retires following twenty years of military service, effective May 31, 2002.

Garcia completed Basic and Advance Individual Training as an Infantryman at Fort Benning, Ga. His first duty assignment, in 1981, was 3rd Battalion, 6th Infantry Brigade, Berlin, Germany, where he was assigned as a rifleman. Upon completion of his oversea tour in 1983, he was assigned to 197th Infantry Brigade at Fort Benning, Ga. There he was a machine gunner and a Track Commander. In 1985, Garcia was transferred to the 1st Battalion, 31st Infantry, 2nd Infantry Division in the Republic of Korea. Upon completion of his tour in 1986, he was assigned to 5th Battalion, 21st Infantry, 7th Infantry Division, Fort Ord, Calif. There he was assigned as a Team Leader and later became a Squad Leader. While station there Garcia participated in two worldwide missions, Multi-Task Force in Sinai, Egypt and Operation Just Cause, Panama.

In 1990, Garcia was reassigned to 2nd Battalion 504th PIR 82nd Airborne Division, Fort Bragg, N.C. While assigned as a Squad Leader he was deployed with the 82nd Airborne Division to Operation Desert Shield and Operation Desert Storm. In 1994, he was transferred to 3rd Battalion, 41st Infantry, 2nd Armor

Division, Fort Hood, Texas, where he served as the Battalion Ammunition NCO. After a short stay there, he was transferred to 52nd Long Range Surveillance (ABN INF), 3rd Corp. While stationed there, Garcia participated in JTF-6, working with the border patrol in Counter Drug Trafficking. In 1996, he was once again stationed in the Republic of Korea, with the 1st Battalion, 506th Infantry as a Squad Leader. Upon completion of his tour, Garcia was reassigned to the 82nd Airborne Division, 3rd Battalion, 325th AIR, Fort Bragg, N.C. While stationed there he held the positions as Weapon Squad Leader and Platoon Sergeant.

In 1999, Garcia was assigned to 3rd Battalion, 47th Infantry, Fort Benning, Ga., as training NCO and was later transferred to 1st Battalion, 507th PIR, and became an Airborne Instructor, earning the prestige traditional Black Hat. In 2001, Garcia was assigned to Special Troops Battalion, Fort Sam Houston, Texas, as assistant Operations Sergeant and became the Operations Sergeant.

Garcia's military education includes the Primary Leadership and Development Course, the Basic Noncommissioned Officer's Course, the Air Movement Operation Course, the Equal Opportunity Representative Course, the Basic Airborne School Course, the Air Assault School Course, the Jumpmaster School Course, the Infantry Light Leader Course, and the AMC Affiliation Cargo preparation course.

His military awards and decorations include the Meritorious Service Medal, the Army Commendation Medal with one Silver Oak Leaf Cluster and one Bronze Oak Leaf Cluster, the Army Achievement Medal with four Oak Leaf Clusters, the Good Conduct Medal, the National Defense Medal, the NCO Professional Development Ribbons, the Army Occupation Medal, the Overseas Service Ribbon, the Southwest Asia Service Medal with Bronze Service Star-2, the Kuwait Liberation Medal-Saudi Arabia, the Multinational Force and Observers Medal, the Armed Forces Expeditionary Medal, the Army Service Ribbon, the Air Assault Badge, the Senior Parachutist Badge, the Expert Infantry Badge and the Combat Infantry Badge.

Right to left, Col. Frank Berlingis, Col. James Solomon, Staff Sgt. Curtis Marshall, and Staff Sgt. Ike Garcia retire following 96 years of dedicated service to the nation.

Army Family Team Building
last training schedule before August

There may be special workshops offered in June, but no other regular AFTB class training will be scheduled until the end of the summer. This is your chance to take advantage of Level III classes, which have not been available here at Fort Sam Houston during the past two years.

If you are going back to school for personal growth and development, are assuming new leadership roles this fall, or are leaving this summer for another installation, where you will be in a command/leadership position, Level III training will provide you with the skills necessary to accept these challenges with confidence.

If you are new to the Army, are graduating from a training course and making your first PCS move, or planning to marry someone new to the Army this summer, Level I offers everything you or your spouse will need to know to adapt more easily to your military lifestyle. If you are new to the military, you probably don't even know the things you need to know about Army life or the questions you need to be asking! AFTB Training gives you both the questions and the answers for family readiness.

Level III Class Schedule

Tuesday, May 7

9 to 9:15 a.m. Registration
9:15 to 10:30 a.m. Building Self-Esteem and Motivating Factors

10:45 a.m. to noon Personality Traits 3.01.3

Wednesday, May 8

9 to 9:15 a.m. Administrative Notes
9:15 to 10:30 a.m. Leadership Skills and Listening Skills

10:45 a.m. to noon Leader Roles and Building a Cohesive Team

Tuesday, May 14

9 to 9:15 a.m. Administrative Notes
9:15 to 10:30 a.m. Group Conflict Management 3.02.5
10:45 a.m. to noon Problem Solving Techniques for Leaders 3.02.6

Wednesday, May 15

9 to 9:15 a.m. Administrative Notes
9:15 to 10:30 a.m. How to Develop Presentations 3.03.1
10:45 a.m. to noon How to Plan & Conduct a Workshop 3.03.2

Thursday, May 16

9 to 9:15 a.m. Administrative Notes
9:15 to 10:30 a.m. Understanding the Total Army Organization

10:45 a.m. to noon Political Issues/the Army/Effective Public-Media Relations

Note: All classes will be held in the Roadrunner Community Center. Call 221-2705.



Level I Class Schedule

Saturday, May 11

9:30 a.m. to 3 p.m.
BAMC Dining Hall Conference Room
Family and Military Expectations
Impact of the Mission on Family Life
Chain of Command and Chain of Concern
Military Terms, Acronyms, Customs, Courtesies
Military and Community Resources
Benefits, Entitlements and Compensation
Basic Problem Solving
Supporting Your Child's Education

Note: There will be a working lunch from 12:15 to 1:15 p.m. The dining hall will be open to allow you to purchase lunch or you may bring a sack lunch, drinks will be provided. For more information or registration, call Connie Fretwell at 221-2705

Fort Sam to
host Post-
wide Garage
Sale

By Emily Freeman
Special to the News Leader

Clean out your closet and wipe off the dust bunnies, Fort Sam Houston is having a huge garage sale. On May 4, the Fort Sam Houston community will host a post-wide garage sale in the parking lot across from the Roadrunner Community Center, Bldg. 2797 Stanley Road. The garage sale will take place from 7 a.m. to 1 p.m.

All Military ID Card holders are welcome to participate in the garage sale. There is no charge for setting up, but everyone must register prior to May 2. Participants should provide their own tables and chairs and other items needed for set up. Anyone needing to rent tables and chairs may call the Outdoor Equipment Center at 221-5224. Port-a-potties and a garbage dumpsters will be provided at the site.

The Fort Sam Houston Thrift Shop will accept donated unsold garage sale items.

For information and registration for the Post-wide Garage Sale call 221-2926 or 221-2523.



Community events

The Cemetery Club showing now through May 4

The Harlequin Dinner Theatre is featuring "The Cemetery Club," a comedy by Ivan Menchell, Wednesday through Saturday evenings from now until May 4. Prices are \$25.95 on Friday and Saturday, and \$22.95 on Wednesday and Thursday and there are military discounts. For more information call 222-9694.

OCSC Annual Mothers' Day Bazaar, May 4

Don't miss your chance to find great Mothers' Day gifts or just a treat for yourself. Come to the 1st Annual Mothers' Day Shopping Bazaar sponsored by the Fort Sam Houston Officers' Civilian Spouses' Club. Proceeds go to benefit the Scholarship and Welfare Fund. This event will take place May 4 from 9 a.m. to 5 p.m. at the Roadrunner Community Center. The public is invited and admission is free.

Community Awareness Fair, May 4

The Ella Austin Community Center, 1023 North Pine Street, will host the third annual Community Awareness Fair on May 4, 11 a.m. to 2 p.m. A variety of social service agencies and organizations will be available to the public. For information call Ray Teveni or Veronica Gonzales at (210) 224-2351.

Nurses Week Run, May 4

In honor of all nurses, Methodist Healthcare and a Nursing Honor Society at the University of Texas Health Science Center School of Nursing will sponsor a 5K Run/Walk on May 4. Registration begins at 7 a.m. at Texas Research Park. The children's race will start at 8 a.m. and the adult race at 8:30 a.m. Entry fees are \$15 adults and \$5 for children, which includes a special race T-shirt and a goody bag. Entry blanks may be obtained at the information desk and Education Department office of all Methodist Healthcare facilities, at Roger Soler Sports and at the Chronic Nursing Department at UTHSCSA.

The University of the Incarnate Word 1st Annual Freedom Run, May 4

A Freedom Run will be held at the University of the Incarnate Word on May 4 at 8 a.m. Pre-registration will be held from 8 a.m.- 6 p.m. through May 3 in the UIW Wellness Center. Pre-registration fees are as follows: individuals- \$12, students, employees, alumni, and sponsors- \$4, and for a family or team of four \$38. Race day fees are individuals \$15, and \$40 for a family or team of four. For registration information, call 829-6001. Proceeds benefit the S.A. Education Partnership Endowment Foundation, the National Hispanic Scholarship Fund, and the Endowed Scholarship Fund at the university.

Black and Gold Scholarship Ball, May 11

The Phi Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. will host its annual Black and Gold Scholarship Ball on May 11 beginning at 6 p.m. at the Fort Sam Houston NCO Club. Tickets for the black tie gala are \$25 and may be obtained by calling Lt. Col. Felton Brannon at 221-0690 or e-mail brannonf@samhou.5tharmy.army.mil.

Friends of the Oakwell Branch Library Book Sale, May 18

The public is invited to a quarterly book sale on May 18 from 11 a.m. to 3:30 p.m. Most books will be priced at .25 and \$1. Collector's items may be a little higher. The Oakwell Branch Library is located at 4134 Harry Wurzbach Road between Oakwell Farms and the Garner Middle School. For information call 828-2569.

Texas Military Breakfast in San Antonio, May 18

Rear Admiral John P. Cryer III, commander, Naval Space Command in Dahlgren, Va. will be the keynote speaker at the Texas Military Breakfast in San Antonio May 18 at 7:30 a.m. at the Marriott Rivercenter located at Commerce

and Bowie Streets. Tickets are \$12.50 each and may be obtained by sending a check payable to Full Gospel Business Men's Fellowship International, C/O Bob Casey, 3438 Green Springs Drive, San Antonio, Texas 78247. For information, call 496-7367 or e-mail bcasey@satx.rr.com.

Next SAEDA training, June 26

In accordance with Army Regulation 380-5 Department of the Army Information Security Program and army Regulations 381-12, Subversion and Espionage Directed Against the U.S. Army (SAEDA), all Department of the Army personnel, military and civilian regardless of clearance and or access level held will receive SAED training at lease biennially. The Readiness and Logistics Business Center's counterintelligence and Security Office will be offering this training on June 26, and Sept 25. Training will last approximately one hour.

Request unit representatives provide RLBC training Division with a list of individuals requiring SAEDA training and date available for training. For information call Edward Hrna at 221-1620 or e-mail: edward_hrna@amedd.amary.mil

Volunteers needed

Calling all single soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee is established at an installation to furnish soldier input to the commander, who uses committee recommendations as the basis for improving single soldier MWR programs and enhancing the quality of life. For more information, please contact the current BOSS president Spc. Jeffrey Briere at 637-2229 or Sgt. Lorna Lewis 916-3344.

BAMC needs Partner in Healing volunteers

BAMC seeks volunteers to provide in-house patient transport. Nurses rely on the patient transport program to stay on the wards and focus on quality patient care. Join the kind and dedicated team of volunteers who provide this important service to the patients. Call 916-5083 to become a BAMC Partner in Healing.

Calling all Cole High School Parents

The Cole High School Cougar Pride Club needs parent volunteers to fill offices and committee chairperson vacancies for the 2002-2003 School Year. You can make a difference in you child's junior/senior high school experience by volunteering your time. Volunteers re needed for everything from merchandise to bake sale to finances. To volunteer, call Karen Bagg at 212-5359.

The proposed slate of new officers will be presented to the public at the Cougar's Band Concert on May 3. Voting for the new officers will be held at C-Awards ceremony on May 6. Make a difference, volunteer and vote!

Musical talented soldier needed

The U.S. Army is looking for highly talented soldier for the USA Express: The Army's Premier Touring Show Band, a high energy 7 to 9 person top 40 variety show/band produced by the U.S. Army Entertainment Division. The band is comprised of active duty military musicians and singers chosen for their outstanding musical ability versatility and ability to entertain. Soldiers selected must be fully deployable worldwide.

The USA Express is preparing for its next tour which will report for rehearsal at Fort Belvoir, Va. on May 20 and tour Southwest Asia beginning June 2. The tour will be for two months To schedule and audition, call Ben Paniagua at 221-7250.

In the classroom

Transition Service Briefing, May 14

Soldiers whose Date Initially Entered Military Service is on or after August 1, 1986, should attend a briefing on the Career Status Bonus, Reduced Retirement Plan and Thrift Savings Plan. Transition Services offers monthly briefings in Bldg. 2267 at 9 a.m. on the following dates: May 14, June 11, July 16, Aug. 13 and Sept. 17, 2002. To attend a briefing or obtain more information, call 221-2467 or 221-0936.

ESL classes taught at the Roadrunner

English as a Second Language classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronuncia-

tion. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

Alpha Phi Alpha Fraternity members meeting, May 4

Calling all members of the Phi Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. to meet the second Saturday of each month, except May meeting, which will be held May 4 at 2 p.m. at the Claude E. Black Community Center, 2805 East Commerce Street, San Antonio. For more information call Lt. Col. Felton Brannon at 221-0690 for e-mail brannonf@samhou.5th.army.army.mil.

Registration begins for North East Community Education's Summer Session

Registration is underway for the North East Community Education's summer session. Hundreds of classes ranging from computers to cooking will be offered beginning in June. Several summer camps for children will also be offered including drama and musical camps sponsored by Texas Public Radio.

Classes will be offered at dozens of convenient locations including Churchill, and Alamo Heights high schools and the Ruble Center. For information or to obtain a catalog, call North East Community Education at 657-8866 or visit the Website at www.neisd.net.

Otras Cosas

Enjoy a \$1 dinner at the USO

The USO offers a \$1 dinner every Saturday at 6 p.m. Enjoy a great "home cooked" meal and then explore what downtown San Antonio has to offer or take advantage of free pool and foosball tables, movies, game room and family room. The USO is open to all military personnel and their families Wednesday, Thursday and Sunday from 9 a.m. to 5 p.m. and Friday and Saturday from 9 a.m. to 11:30 p.m. For more information, call the USO at 227-9373.

Fifth Annual San Antonio Poetry Fair deadline May 31

Bexar County area children and adults area invited to enter poems now for the Fifth Annual San Antonio Poetry Fair. May 31 is the deadline to enter your poem for competition in the Poetry Fair, "Voices Along the River," to be held October 26 at the Arneson River Theater.

The entry fee is \$1 for students, \$5 for college age and adults. Fee entitles you to enter one original, unpublished poem. Entry forms are available at www.hometown.aol.com/sapoetryfair. You may also mail entries to: San Antonio Poetry Fair, P.O. Box 6852, San Antonio, TX 78209-6852. For more information, contact Don Mathis at Donald.Mathis@trinity.edu or call 736-1405.

Freedoms Foundation at Valley Forge Awards Program Youth Essay Contest

Entries for the 2002 Freedoms Foundation at Valley Forge Awards program Youth Essay Category are being sought. The contest is open to youth in grade kindergarten through 12th. Individual essays may not be the product of a classroom assignment or other contest. Entries must be typed, double-spaced and corrected containing 500 to 1,000 words. Essay topic is "The Bill of Rights: What it Means to Me." Entry deadline is June 1. For information, call Lt. Col. Therese Slone-Baker at 4492-1205 or e-mail at txtanndt@earthlink.net.

Summer Bowling League

Need a new bowling ball? Bowl at Fort Sam Houston and receive a new blue and silver Messenger ball. Bowling league starts May 15 at 6 p.m. Season is 15 weeks, \$12 per week. For information call 221-4740 or 221-3683.

Botanical Center sponsors children's garden

Spring Garden Sessions meet every Saturday from 9 to 11 a.m. until early June. This is a great opportunity for children ages 8 to 13 to learn about basic vegetable gardening from experienced gardeners. Topics taught include basic organic gardening, soil preparation, planting, watering and harvesting. Participants should be committed to attend every week. The registration fee is \$5. For information call the San Antonio Botanical Center at 207-3255.